MARTHA STEWART

Living

home smart home

gadgets that save you money & time

rethink

learn the secrets to healthier meals

redo

foolproof fixes for furniture

reset

fast, easy upgrades for your home & your life



Our new favorite spring dinner: roast chicken, sides, and salad—all in one.
PAGE 70

May 2015
$4.99 USA (CAN $5.99)
marthastewart.com

MARTHA + KITCHENS
affordable







KITCHEN SHOWN: TIPTON
FINISH: ORCHARD TEXTURED PURESTYLE™
COUNTERTOP: MARTHA STEWART LIVING
QUARTZ IN SNOWCAP

More saving. More doing.®

BRING MARTHA'S INSPIRATION HOME WITH PURESTYLE™ CABINETS. GET THE LOOK AND TEXTURE OF WOOD AND ENJOY YEARS OF EASY CARE, ALL FOR AN AFFORDABLE PRICE. LEARN MORE AT HOMEDEPOT.COM/MSLKITCHENS. EXCLUSIVELY AT THE HOME DEPOT.

ADVERTISEMENT

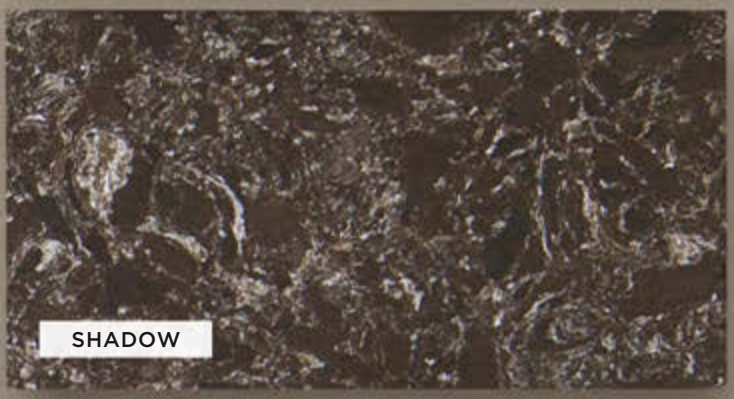


Martha Stewart Living™ and the Martha Stewart Circle Logo™ are trademarks of Martha Stewart Living Omnimedia, Inc. © 2014 Martha Stewart Living Omnimedia, Inc. All rights reserved.

MARTHA + QUARTZ
lasting


MIDNIGHT


SIERRA


SHADOW


FLAGSTONE

SHOWN OPPOSITE


COVE


SNOWCAP

More saving. More doing.®

FIND MARTHA'S COUNTERTOPS AND CABINETS EXCLUSIVELY AT THE HOME DEPOT AND HOMEDEPOT.COM.

ADVERTISEMENT



Martha Stewart Living™ and the Martha Stewart Circle Logo™ are trademarks of Martha Stewart Living Omnimedia, Inc. © 2014 Martha Stewart Living Omnimedia, Inc. All rights reserved.

Martha's Month

Gentle reminders, helpful tips, and important dates.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Air out comforters and store them away for the season *Weight training*	**2** Plant celery, broccoli, and cauliflower seedlings
3 Horseback ride	**4** Sow seeds for dill, lettuce, frisée, and spinach *Weight training*	**5** *Pilates*	**6** Touch up outdoor metal furniture	**7** Clean coffeemaker to remove mineral deposits *Cardio and core*	**8** Fertilize roses with Epsom salts *Weight training*	**9** Bake orange-glazed spice cupcakes for Mother's Day brunch
10 **MOTHER'S DAY** Brunch with Alexis and the grandkids	**11** Prepare succulent plants for pool garden	**12** Speak at GE event in Ossining, New York *Pilates*	**13** Friend Memrie Lewis's birthday	**14** Take dogs and cats for yearly checkups *Cardio and core*	**15** Attend the Horticultural Alliance of the Hamptons Garden Fair & Preview Party in Bridgehampton, New York (*hahgarden.com*)	**16** Attend Trade Secrets Gardening Event in Sharon, Connecticut (*tradesecretsct.com;* for more on the event, see page 19)
17 Plant cabbages and collards Horseback ride	**18** Train new clematis growth along copper supports in pergola *Weight training*	**19** *Pilates*	**20**	**21** Cut blooming lilacs *Cardio and core*	**22** First planting of gladioli *Weight training*	**23** Morning walk with the dogs
24 **31**	**25** **MEMORIAL DAY** Bring out badminton and croquet sets	**26** Plant zinnias, cosmos, and other cutting flowers *Pilates*	**27** Inspect beehives Clean and oil saddles for horses	**28** Spray fruit trees after blossoms fall *Cardio and core*	**29** *Weight training*	**30** Scrub porch ceilings, walls, and floors at Bedford



DESSERT

Celebrate Mother's Day with a batch of tasty orange-glazed spice cupcakes, adapted from Big Martha's cake recipe. Find the recipe at *marthastewart.com/spice-cupcakes.*

HOW-TO



Flower-Ring Installation

You can find flower-support rings (each about 18 to 24 inches in diameter and 2 feet tall) at your local nursery or garden store.

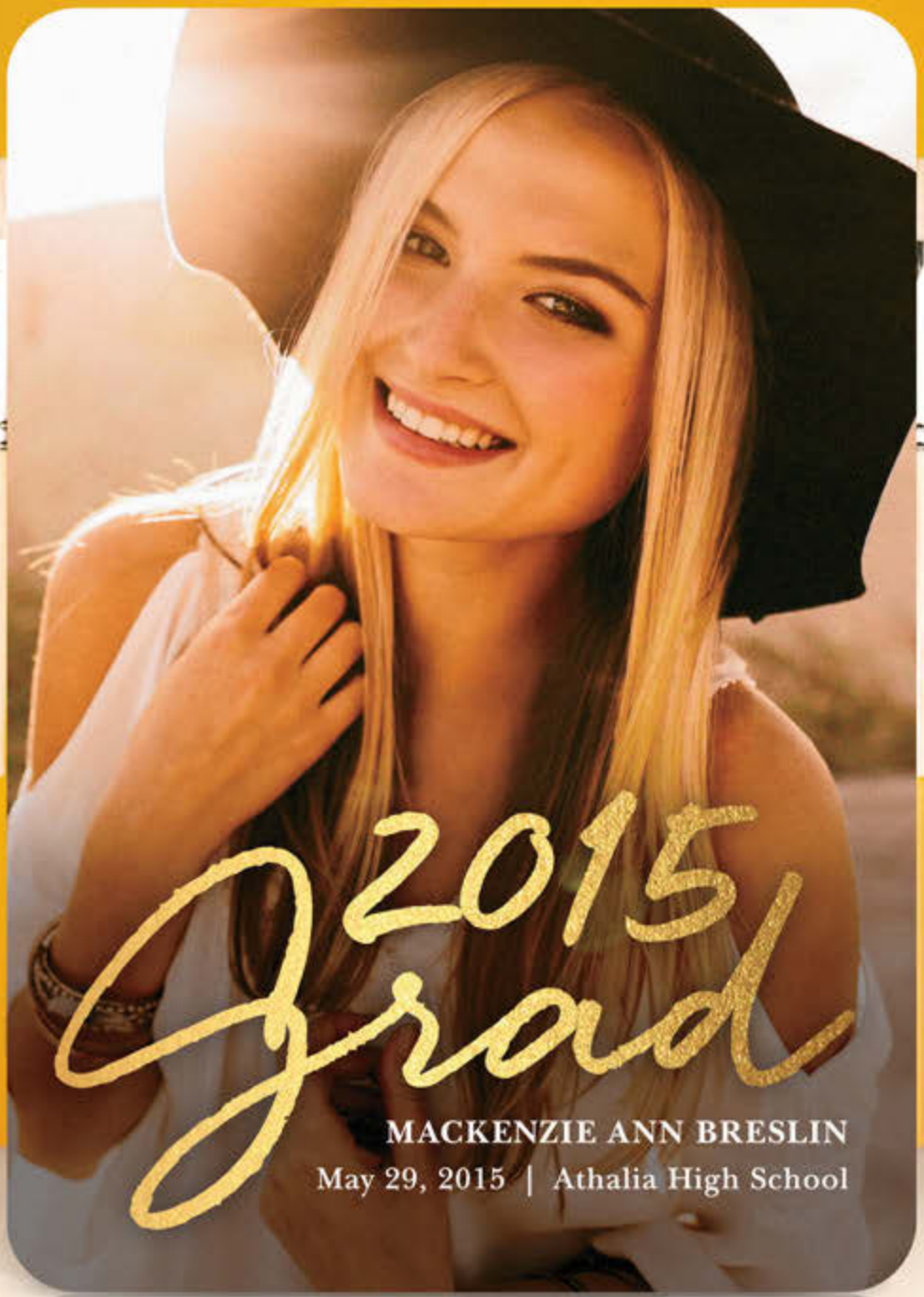
1. Once shoots appear, secure stakes over a perennial (such as herbaceous peony), at least 1 foot deep. (Plant will eventually grow upward through ring.)

2. As plants grow, adjust support, raising ring as needed.

PHOTOGRAPH BY BRYAN GARDNER; ILLUSTRATION BY BROWN BIRD DESIGN

CAPTURE HER LIGHT

A graduation announcement designed with joy.



ENJOY 20% OFF + FREE SHIPPING* CODE: **TPH4C15**

ANNOUNCEMENTS · INVITATIONS · THANK YOU CARDS · HOME DÉCOR

DOWNLOAD OUR NEW iPAD APP

tinyprints.

TINYPRINTS.COM

*Offer expires 12/31/15 at 11:59pm (PT). Offer is valid for one billing address only and is not applicable to previously placed orders, photo books, calendars, planners or gift certificates. Shipping offer applies to Standard US Shipping rates only. The offer cannot be combined with other offers. To prevent abuse, we reserve the right to modify the offer at any time without notice. iPad is a trademark of Apple Inc.



AMERICAN MADE MARKET

Appeal to Mom's sweet tooth with a gift of sea-salt dark chocolate from Nutty Steph's. You'll find more winning gift ideas at our eBay market.

ebay.com/americanmade



***LIVING* BOOK CLUB**

Our book club usually spotlights new releases, but this month we decided to tackle a classic. On Martha's recommendation, we're diving into Edith Wharton's *Old New York* (Scribner), a brilliant collection of novellas that spans four decades of the 19th century.

marthastewart.com/book-club



COLLECTING

Graters seem like purely utilitarian kitchen items, but we love them for their variety of forms and specific functions. Look for those with interesting features, like the lid on this nutmeg grater, *far right*, which stores the spice between gratings. The Brevettata grater, *far left*, from the collection of senior associate food editor Greg Lofts, was found at a flea market in Arezzo, Italy; it has wide holes and sharp teeth, ideal for hard cheeses.

eBay search terms: *vintage cheese grater, vintage nutmeg grater*

Out & About

Where we've been, what we've seen, and where you'll find us.



ON THE ROAD

Whenever home editor Lorna Aragon goes to her country house in upstate New York, she makes a point of visiting the charming shop Dancing Dog Antiques, across the river in Lakewood, Pennsylvania, where she often finds wonderful, reasonably priced decorative pieces (think vintage pottery and linens and American country furniture). The store, which is housed in a converted barn from the 1800s, is open from May to October.

Dancing Dog Antiques, Lakewood, Pennsylvania
dancingdogantiques.com

WHERE TO FIND MARTHA

Martha Bakes
This month, Martha shares the secret to cooking caramel, along with tips on baking spiked treats, ideas for incorporating nuts into sweets, and easy fruit desserts.

PBS (check local listings)

Martha Stewart's Cooking School
Learn Martha's tips and tricks for braising, cooking with rice, using unexpected vegetables, and more. She also demonstrates how to make three recipes featuring grains, including mushroom-barley soup.

PBS (check local listings)



INSTAGRAM FAVORITE

We loved @maraboudesign's bouquet idea—wrapping a bunch of yellow tulips in paper covered with the lyrics to "You Are My Sunshine." For the chance to see your photo here, follow us on Instagram.

@marthastewart

KASIA MIKOLAJCZUK (CHOCOLATE); BRYAN GARDNER (GRATERS, BOOK); CATHERINE DELATTRE (DANCING DOG); BRANDY BROWN OF MARABOU DESIGN (INSTAGRAM)

NIA114™ TECHNOLOGY

BRIGHTENING THAT'S LIGHT YEARS AHEAD

Introducing **New Strivectin Intensive Illuminating Serum** powered by NIA-114 technology and breakthrough brightening actives. This high potency, clinically proven treatment significantly enhances skin clarity for a radiant, even looking complexion.



86% saw brighter skin*

86% saw improved skin texture*

81% saw more even skin tone*

* Based on consumer evaluation at 8 weeks.

STRIVECTIN.COM

888 775 6988 ULTA IMPULSE BEAUTY AT MACY'S NORDSTROM
DILLARD'S LORD & TAYLOR QVC.COM CARSON'S

StriVectin®



Last Mother's Day, I promised my mom that I'd finally restore the bookcase my father made for her in the 1980s. Over several months, I worked on it every time I visited: stripping off the old finish, sanding it, then raising a shelf and adding a decorative baseboard and a new top. Finally, I repainted it. My mom loves the new version, and so do I. There's something deeply satisfying about giving a favorite possession a new lease on life. You get to fall in love with it all over again.

This idea—hitting the refresh button on beloved objects and routines—is the theme of our May issue. Makeovers can be long-term projects, like my bookcase rehab, or quick tweaks that yield instant satisfaction. In "Build a Better Meal" (page 80), food editor Shira Bocar offers ingredient swaps that immediately up the health quotient of your favorite breakfasts, lunches, and dinners.

For my part, I plan to make all seven standout dishes from "Sweet on Peas" (page 66). I also want to try one of the furniture-transformation techniques shared by expert restorer Christophe Pourny (see sidebar, *right*) in "The Makeover Master" (page 92). The month of May, before the slower pace of summer sets in, seems like a good time for a burst of home- and self-improvement projects.

Eric A. Pike

Eric A. Pike, editor in chief

PS *Be sure to check out Whim, our playful new line of bedding sold exclusively at Macy's. Its cheery colors and whimsical patterns will have you excited to make over your home!*



I'll be honest: I've always had a fear of dyeing. But emboldened by our story "Awash With Color" (page 86), on reviving old linens, clothing, and other household items with a dye bath, I decided to give it a try. I picked a few lengths from my collection of ribbons, dipped them in a bath of Rit liquid dye in Teal, and waited for the results. To my delight, the dyed ribbons (shown, *above*) turned out even more beautifully than I had expected. Now I'm officially a convert. Here's how other colleagues use dye:

TO COLOR BEADS The creative force behind "Awash With Color" is deputy crafts editor Silke Stoddard. At home, she's dyed everything from wooden beads to sheepskin.

TO REFRESH BLACK CLOTHING Just as you might add bleach to whiten your whites, art director Jaspal Riyait uses black dye to deepen her black clothes.

TO CREATE MOODY BLUES Our editorial director, Ellen Morrissey, took a class on indigo dyeing last spring and loved the varied effects you can create from one dye bath.

If your idea of spring weekend fun is scouring garage sales and flea markets for hidden treasures, you must read Christophe Pourny's *The Furniture Bible* (Artisan, 2014). He's Martha's go-to furniture restorer, and his book is full of useful information for both professional restorers and tag-sale enthusiasts. You can find excerpts from the book starting on page 92.



MATTHEW WILLIAMS (PORTRAIT); BRYAN GARDNER (RIBBONS, BOOK)

ADVERTISEMENT

CLEAN, FRESH & BRIGHT

TUNE IN!
WATCH ALL THREE VIDEOS

Everyone has their secret to clean and fresh smelling laundry. Our secret is keeping a box of baking soda handy in the laundry room. Bring on the clean!



USE #23
Put an ARM & HAMMER™ Baking Soda Fridge-n-Freezer™ spill-proof vented box in closets to help keep clothes smelling fresh.

USE #17
Use ARM & HAMMER™ Baking Soda to deodorize smelly gym bags.

USE #32
Get towels and linens fresh by adding ½ cup of ARM & HAMMER™ Baking Soda to the rinse cycle.

USE #11
Shake a little ARM & HAMMER™ Baking Soda into sneakers in between wears to absorb odor-causing moisture. Shake out before wearing.

USE #6
Adding ½ cup of ARM & HAMMER™ Baking Soda to your laundry will make your liquid detergent work harder for you.

TUNE IN FOR MORE IDEAS! Martha is breaking down the uses of baking soda tip by tip in an exciting new way. Watch all three videos on **marthastewart.com/bakingsoda**.

Aflac SmartClaim®

One Day Pay

AFLAC CAN PAY YOUR CLAIM IN A DAY.

Other companies' claims can take months to surface, which can leave some folks waitin' around like they're crusty, old timey prospectors. But you're no prospector who's totally desperate, with an unruly mule and a mouth untouched by modern dentistry. You're a savvy young couple who showers regularly and would never, ever want to suffer through such exasperation to the point where even your darn mule starts to think you're crazy. No, you'd rather make sure you get your claim paid quicker than swattin' a fly, by submitting it online by 3pm ET with Aflac's SmartClaim® system, and getting it processed, approved and paid in a day.* So you can rest easy, knowing that you two can get back to doing what you love doing most. Like hiking. And hiking away, very rapidly, super-rapidly, as fast as rapidly possible, actually, from those two crusty, old timey prospectors and their mule, who is lookin' at you funnier than ever now.



Introducing One Day Pay℠, only from Aflac.

Visit Aflac.com/OneDayPay to learn more.

*One Day Pay available for most properly documented, individual claims submitted online through Aflac SmartClaim® by 3 PM ET. Aflac SmartClaim® not available on the following: Short Term Disability (excluding Accident and Sickness Riders), Life, Vision, Dental, Medicare Supplement, Long Term Care/Home Health Care, Aflac Plus Rider and Group policies. Individual Company Statistic, 2015.

Coverage is underwritten by American Family Life Assurance Company of Columbus. In New York, coverage is underwritten by American Family Life Assurance Company of New York.

Z141201 1/15

66
SWEET ON PEAS
Seven choice recipes herald the arrival of English peas, sugar snaps, snow peas, and pea shoots in the garden.

80
BUILD A BETTER MEAL
The secret to healthier breakfasts, lunches, and dinners lies in **ingredient swaps and substitutions**.

86
AWASH WITH COLOR
Revive your bedding, table linens, clothing, and some surprising items with **a dip in a dye bath**.

92
THE MAKEOVER MASTER
Gifted furniture restorer Christophe Pourny shares three techniques for **transforming vintage pieces**.



72
THE LUSH LIFE
A visit to the Washington State farm of florist Erin Benzakein of Floret, a 2014 American Made Award Winner for Design.

A typical arrangement from Floret is anything but typical. Here, sweet peas, peonies, multiflora roses, 'Duponti' roses, and Icelandic poppies mingle in a footed vase for a romantic centerpiece.

GABRIELA HERMAN

19
FROM MARTHA

Trade Secrets
Martha invites us along on her annual visit to the rare-plant and garden-antiques fair in Sharon, Connecticut.



25

25
GOOD THINGS

Paper-tulip messages for Mom, printable Cinco de Mayo party décor, and tips for making vegetable stock from scratch.

35
BEAUTY & STYLE

Skin
Discover which cleanser—foam, gel, scrub?—is best for your skin type. **35**

DIY Style
Link beaded circles together to make fashionable statement necklaces. **38**



35

41
FOOD & GATHERINGS

Perfect Bite
Crisp cucumber slices topped with flakes of smoked trout. **41**

What's for Dinner?
Upgrade a few supermarket staples—packaged polenta, hummus, spinach ravioli, and frozen corn—for simple, scrumptious meals. **44**

Eat Clean
Three recipes for desserts that are as healthful as they are delicious. **46**

Entertaining
Celebrate Mother's Day with a southern-style brunch of buttermilk waffles, oven-"fried" chicken, and brûléed grapefruit. **48**



48

57
GOOD LIVING

Tableau
Lilacs and wisteria combine to create a beautiful purple arrangement. **57**

Home
Turn your phone into command central with some new smart home gadgets. **58**



38

101
HOW-TO HANDBOOK

Ask Martha
How to plant a moon garden, bake the lightest and flakiest biscuits, and keep guacamole fresh. **101**

Health
To-do lists should make your life easier—not more stressful. Learn how. **108**

Pets
Choose practical upholstery fabrics and low-maintenance rugs when you share a home with a pet. **114**

IN EVERY ISSUE

Martha's Month 4
Out & About 6
Editor's Letter 8
Recipe Index 116
American Made 124

On the Cover

One-platter is the new one-pot. Here, we tossed slices of roast chicken with croutons and an easy dressing, then greened it all up with shelled peas, snap peas, and pea shoots. For the recipe, see page 118. Photograph by Johnny Miller.

AARON DYER (PAPER TULIP); YASU + JUNKO (CLEANSER); BRYAN GARDNER (GRAPEFRUIT); SARAH ANNE WARD (NECKLACES)

Carefully curated, continually refreshed. Discover unique, limited edition prints from our art marketplace.

minted.

Welcome to
the WORLD'S MOST INSPIRED
ART MARKETPLACE.



FREE SHIPPING
for Art 18"x 24" or larger

CODE: MSL2015
EXPIRES 6/30/2015
MINTED.COM

limited edition art shown:
BEHIND THE VEIL 2 by Kristi Kohut (Chicago, IL) *30"x40" framed, $325*
STAREDOWN by Amy Carrol (Grand Rapids, MI) *18"x24" framed, $165*



©2015 Minted LLC



Beauty Simplified

Reduce lines, wrinkles, signs of age with Pharmacist Heldfond's original facial cream. With strong antioxidants, retinyl palmitate, restorative nutrients, healing vitamins and soothing oat kernel flour.

eb5 Facial Treatment

One cream. Powered to achieve five anti-aging results.

DERMATOLOGIST TESTED HYPO-ALLERGENIC

PARABEN-FREE • GLUTEN-FREE
FRAGRANCE-FREE • NON GMO • VEGAN
CRUELTY-FREE



Contact eb5 at 800.929.8325 for your nearest retailer. Made in the U.S.A.

Founder and Chief Creative Officer **Martha Stewart**

MARTHA STEWART Living

Editor in Chief and Content Director **Eric A. Pike**

General Manager **Meesha Diaz Haddad** Editorial Director **Ellen Morrissey**

Design Director **Jennifer Wagner**

EXECUTIVE EDITORIAL DIRECTORS

Food **Lucinda Scala Quinn**

Decorating **Kevin Sharkey**

Style **Ayesha Patel**

Crafts **Hannah Milman**

FOOD & ENTERTAINING

Editorial Director **Jennifer Aaronson**

Editor at Large **Sarah Carey**

Editor **Shira Bocar**

Senior Associate Editor **Greg Lofts**

Recipe Tester **Laura Rege**

Editorial Assistant **Eleanor McQuistion**

Kitchen Manager **Gertrude Porter**

Test Kitchen Assistant **Josefa Palacios**

CRAFTS

Editorial Director **Marcie McGoldrick**

Deputy Editor **Silke Stoddard**

Associate Editor **Erin Furey**

Assistant Editor **Katie Holdefehr**

HOME & GARDEN

Home Editor **Lorna Aragon**

Contributing Garden Editor **Daryl Beyers**

Editorial Assistant **Cathryn DelaRosa**

STYLE

Deputy Style Editor **Tanya Graff**

Editor at Large **Kate Berry**

Senior Style Editor **Naomi deMañana**

Associate Style Editor **Katie Covington**

Associate Fashion Editor **Carrie Goldberg**

Assistant Editor **Colleen Banks**

Editorial Assistant **Sarah Vasil**

BEAUTY & LIFESTYLE

Director **Melissa Milrad Goldstein**

INTERNATIONAL

Editorial Director **Ruth Feldman**

EDITORIAL & DIGITAL

Editor at Large **Amy Conway**

Executive Editor **Evelyn Battaglia**

Deputy Editor **Fan Winston**

Executive Digital Editor **Kristine Solomon**

Deputy Digital Editor **Angela Law**

Managing Editor **Susanne Ruppert**

Features Editor **Melissa Ozawa**

Senior Digital Editor **Victoria Spencer**

Assistant Managing Editor **Paulie Dibner**

Assistant Editor **Kayla Alewel**

Associate Digital Editor **Emma Aubry Roberts**

Assistant Digital Editor **Alexandra Churchill**

Editorial Assistant **Christopher Rudolph**

COPY & RESEARCH

Copy Chief/Articles Editor **Myles McDonnell**

Research Director **Ann Sackrider**

Copy Editor **Frances Vigna**

PHOTO

Photo Editor **Linda Denahan**

Senior Photo Producer **Muzam Agha**

Senior Associate Photo Editor **Andie Diemer**

Photographer **Bryan Gardner**

Digital Photo Editor **Mike Krautter**

PRODUCTION

Senior Image Quality Director **Denise Clappi**

Design Production Managers **Judy Glasser, Duane Stapp**

Design Production Associate **John Myers**

Senior Digital Imaging Specialist **Spyridon Ginis**

Digital Imaging Specialists **Daniel Chambers, Ryan Monaghan, Sasha Weleber**

Director, Application Support **Jill Joyner**

CONTRIBUTORS

Ryan McCallister, Alexis Stewart

ART

Deputy Design Director **Jenn McManus**

Art Director **Jaspal Riyait**

Senior Art Director **Nia Lawrence**

Associate Art Director **Laura Lutz**

OPERATIONS

Photo Rights & Archive Director **Alison Vanek Devine**

Digital Archivist **Sarah Lee**

Photo Studio Manager **Michael Varrassi**

Photo Studio Equipment & Digital Assets Manager **Stacey Tyrell**

Digital Photography Technician **Hadley Henry**

Photo Studio Assistant **Julie Na**

Design and Fabrication Supervisor **Tysean Washington**

Design and Fabrication Shop Assistant **Waverly Garvey**

Set Carpenter **Eugene Keely**

Prop Library Manager **Jutta Amse**

VIDEO PRODUCTION

SVP, Development & Programming **Kimberly Miller-Olko**

SVP, Executive Producer, Editorial Content **Lisa Wagner**

Line Producer **Jim Brennan**

Design Director **Anduin Havens**

BUSINESS OFFICE

SVP, General Manager—Media **Claudio Goldbarg**

Senior Business Analyst **Michelle Hsueh**

Junior Business Analyst **Nicholas Barr**

CORPORATE

SVP, Controller **Allison Jacques**

VP, Corporate Communications **Claudia Shaum**

VP, Facilities **Lynn Goodwin**

Chief Executive Officer **Daniel W. Dienst**

Chief Financial Officer **Kenneth West**

EVP, General Counsel & Corporate Secretary **Allison Hoffman**

SVP, Digital Programming & Strategy **Inbar Barak**


BLOSSOMS & LEAVES
Delightful "Flox" dress,
$118
Swedish design with a green soul
50 GREENE STREET IN SOHO / NEW YORK
INSPIRATION
PARIS • STOCKHOLM • MARRAKECH
It's here! The 2015 summer collection was born during one of my trips to Paris. I found inspiration in the Jardin des Plantes and la Grande Mosquee de Paris. The new collection was then created at home in Stockholm with blue mosaic patterns from Morocco, desert colors from the Sahara and meandering floral patterns. All in nature's own materials for women of all shapes and ages.
Welcome!
Gudrun
DON'T MISS OUR HOME TEXTILE PRODUCT LINE!
Order a catalog or shop right now
www.gudrunsjoden.com
Gudrun Sjödén
Stockholm | Est. 1976
Welcome to our flagship store in New York! Colorfully green on 50 Greene Street in SoHo
You can also visit our webshop or call toll free 1–877–574 14 86 – Free shipping, fast delivery and 30 day return policy!

ADVERTISEMENT



JOIN!

MARTHA STEWART LIVING'S
CREATIVE CIRCLE



DISCOVER & LEARN
about new products

TAKE ACTION
with special event invitations

SHARE & INSPIRE
your opinions with editors

Plus much more!

JOIN TODAY AT
MSLOINSIDERS.COM



MARTHA STEWART Living

SVP, Group Publisher **Christine Guilfoyle**
Group Publisher—Martha Stewart **Amy P. Wilkins**
Group Associate Publisher Marketing **Jodi Marchisotta**

ADVERTISING SALES

New York

Sales Director Consumer Goods
Lizzie Meier Utt

Sales Director Home
Michelle O'Connor

Sales Director **Susan Schwartzman**

Ad Sales Coordinators
Casey Brundage, Jennifer Fass

Midwest

Retail Sales Director
MaryRay Lombardo

Senior Digital Sales Manager
Brad Moore

West Coast

West Coast Director **Joseph Petrillo**

Sales Director **Kelly McCoy**

Ad Sales Coordinator **Courtney Lorca**

Direct Media

Business Development Manager
Victoria Levy

DIGITAL ADVERTISING SALES

Director Digital Sales Development
Sam Poor

Digital Sales Director
Kristina Christiansen

Senior Account Managers
Alexandra Giordano, Molly Goebel

Account Manager **Elizabeth Ellis**

Digital Sales Associate **Emily Bruno**

INTEGRATED MARKETING

Executive Director Sales Development
Vanessa Goldberg-Drossman

Brand Development

Brand Director Martha Stewart Living
Emily Payton

Sales Development

Associate Director Events & Partnerships **Jessica Stonehouse**

Senior Sales Development Manager Partnerships **Lindsey Cox**

Associate Sales Development Manager
Ashley Wells-Wood

Marketing Assistant **Remy Albert**

Creative Services

Digital Art Director **Lena Ghaleb**

Senior Designer **Dorie Herman**

Production Associate **Ray Katz**

PRODUCTION, CIRCULATION & FINANCE

Senior Production Manager
Melanie Stoltenberg

Advertising Operations Manager
Julie Strehlow

Production Traffic Supervisor
Angela Sebastian

Quality/Technical Director
Dave Wolvek

Associate Consumer Marketing Director **Leslie Schaeffer**

Group Product Manager Newsstand
Dawn Whitaker

Business Director **Ron Clingman**

Advertising Business Manager
Michael Mosso

MEREDITH NATIONAL MEDIA GROUP

President **Tom Harty**

Executive Vice Presidents

President Media Sales **Richard Porter**

President Parents Network
Carey Witmer

President Women's Lifestyle
Thomas Witschi

President Meredith Digital **Jon Werther**

President Meredith Home Group
James Carr

Creative Content Leader
Gayle Goodson Butler

Chief Marketing Officer **Nancy Weber**

Chief Revenue Officer
Michael Brownstein

General Manager **Doug Olson**

Senior Vice Presidents

Chief Digital Officer **Andy Wilson**

Digital Sales **Marc Rothschild**

Innovation Officer **Carolyn Bekkedahl**

Research Solutions **Britta Cleveland**

Vice Presidents

Business Planning and Analysis
Rob Silverstone

Consumer Marketing **Janet Donnelly**

Content Licensing **Larry Sommers**

Corporate Marketing
Stephanie Connolly

Corporate Sales **Brian Kightlinger**

Digital Video **Laura Rowley**

Direct Media **Patti Follo**

Brand Licensing **Elise Contarsy**

Communications **Patrick Taylor**

Human Resources **Dina Nathanson**

Strategic Sourcing Newsstand Production **Chuck Howell**

Chairman and Chief Executive Officer **Stephen M. Lacy**
President Meredith Local Media Group **Paul Karpowicz**
Vice Chairman **Mell Meredith Frazier**
In Memoriam **E. T. Meredith III** (1933–2003)

For subscriptions, address changes, and back issues: Write to *Martha Stewart Living,* Box 62140, Tampa, FL 33662-2140; or call (U.S. and Canada) 800-999-6518. Overseas: Call 813-979-6828. **To order back issues:** Please send U.S. check or money order (U.S. $6.50 per issue, Canada $7.50, overseas $12.50). **For editorial queries:** Please write to Letters Department, *Martha Stewart Living,* 601 West 26th Street, New York, NY 10001; or email: *living@marthastewart.com.* Visit our **website** for more information: **www.marthastewart.com.** © 2015 Meredith Corporation. All rights reserved. Reproduction in whole or in part without permission is prohibited. All projects described in this publication are for private, noncommercial use only. No rights for commercial use or exploitation are given or implied. *Martha Stewart Living* is a trademark registered in the U.S. Patent and Trademark Office.

Advertising Offices **New York:** Meredith Corporation, 805 Third Avenue, 27th floor, New York, NY 10022; 212-499-2093. **West Coast:** Meredith Corporation, 1990 S. Bundy Drive, Suite 500, Los Angeles, CA 90025; 310-207-7566. **Chicago:** Meredith Corporation, 333 N. Michigan Avenue, Suite 1500, Chicago, IL 60601; 312-580-1600. **Direct Media:** Meredith Corporation, 805 Third Avenue, 6th floor, New York, NY 10022; 212-499-6795. **Marketplace Advertising:** Smyth Media Group, One Bridge Street, Suite 130, Irvington, NY 10533; 914-409-4212.

NATURTINT®

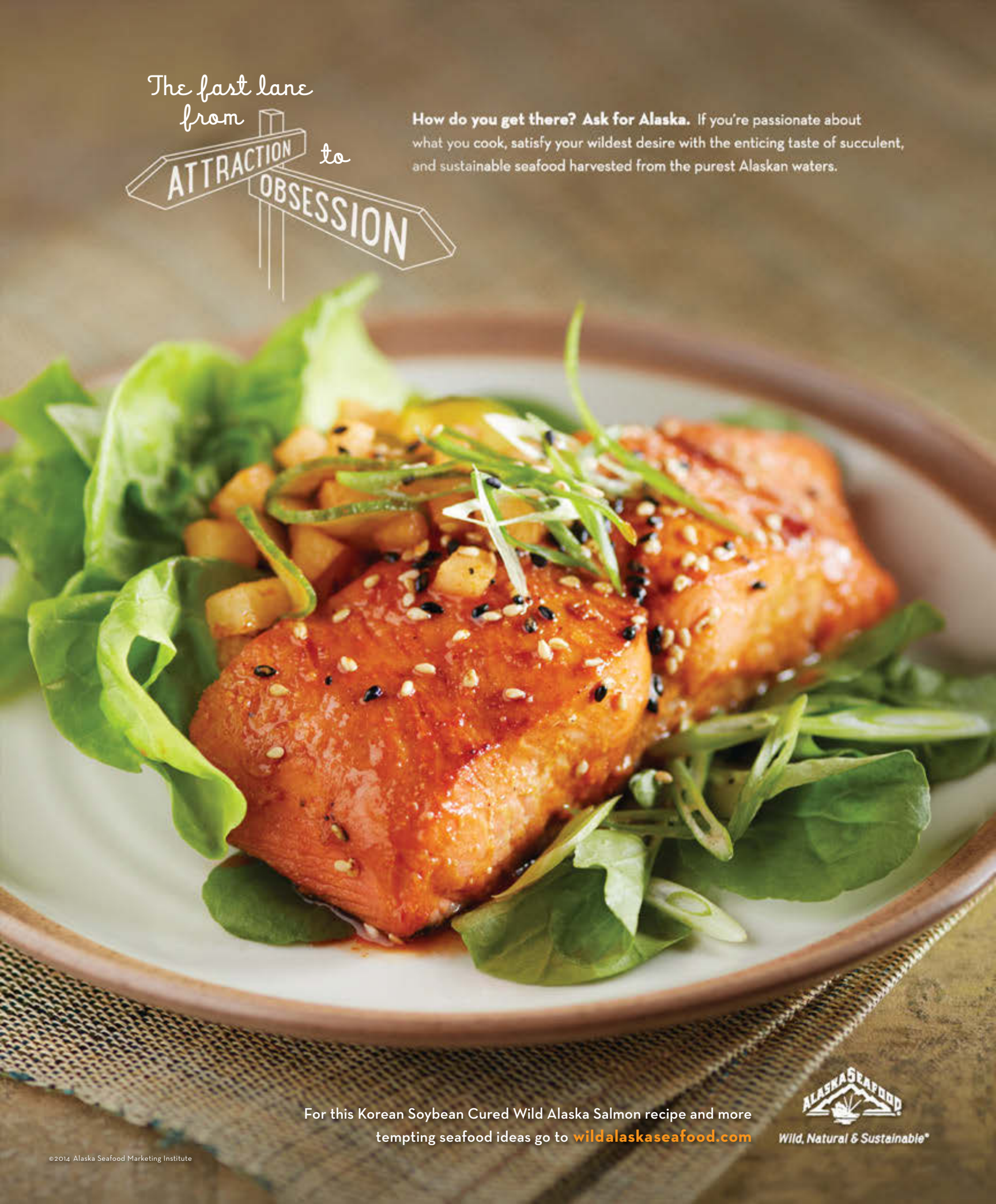
GET THE *glow*
THAT'S ALL YOUR OWN.



THIS MOTHER'S DAY, TAKE TIME TO NOURISH YOUR HAIR.

Uniquely formulated without harsh chemicals that can damage hair, Naturtint's 29 mixable colors leave your hair healthy, glowing and free from gray in one application.

DISCOVER THE DIFFERENCE AT
www.naturtintusa.com


The fast lane from
ATTRACTION
to
OBSESSION
How do you get there? Ask for Alaska. If you're passionate about what you cook, satisfy your wildest desire with the enticing taste of succulent, and sustainable seafood harvested from the purest Alaskan waters.
For this Korean Soybean Cured Wild Alaska Salmon recipe and more tempting seafood ideas go to wildalaskaseafood.com
ALASKA SEAFOOD
Wild, Natural & Sustainable®
©2014 Alaska Seafood Marketing Institute

FROM MARTHA

Teach and Inspire



My Favorite Field Trip

Trade Secrets, a wonderful rare-plant and garden-antiques sale in Connecticut, is celebrating its 15th anniversary—and that's 15 years of doing good.

TEXT BY MARTHA STEWART
PHOTOGRAPHS BY JOHN DOLAN

Trade Secrets will be held on May 16 and 17 this year. For more information, visit *tradesecretsct.com*.

Trade Secrets

FROM MARTHA



Treasure Hunting
Kevin and I have gone to Trade Secrets for years. He has a great eye and helps make sure I don't miss anything spectacular! Some vendors return year after year (I have my favorites), but there are also always new experts and sellers to discover.

There are a few events that go on my calendar each year that I consider sacrosanct: my family's birthdays, my summer vacation in Maine, my Christmas party, my Easter egg hunt, and Trade Secrets. Almost nothing can cause me to miss these dates.

Trade Secrets is a very interesting rare-plant and garden-antiques sale that is held each year on a friend's property, LionRock Farm, in Sharon, Connecticut. This sale attracts thousands of shoppers every spring and benefits a very worthy local group, Women's Support Services. Established in 2000 by interior designer Bunny Williams, Trade Secrets brings together, in one place, for one day, more than 60 growers, antiques dealers, artisans, and plantsmen and -women who specialize in the rare, the special, the unusual, and the coveted. It is the one place where, if you get there early and stay late, you can visit with suppliers from all over the Northeast. Because I garden most weekends in spring and summer and work on weekdays, I would find it almost impossible to go to each exhibitor's greenhouse or shop to find what I can locate here in one day.

The night before Trade Secrets, executive decorating director Kevin Sharkey, gardener Ryan McCallister, driver Carlos Villamil, and I (and the dogs, of course) sleep in Bedford on the farm, get up at 5 a.m., and drive two large pickup trucks to Sharon, a picturesque village in northwestern Connecticut. I make cappuccinos and scrambled-egg-

HAIR AND MAKEUP BY DAISY SCHWARTZBERG



Fantastic Finds

Top row, from left: Jerry Fritz of Linden Hill Gardens brings rarities each year; my garden boasts many of his woodland plants. I have created wonderful plantings of shade-loving plants from several vendors, including Hillside Nursery. We are always looking for different cultivars for the flower borders and the woodland gardens at the farm; here I am at Windy Hill Farm's booth. *Bottom row, from left:* Fragile plants are transported back to the farm in the covered pickup truck. These carnivorous pitcher plants (*Sarracenia*), from RareFind Nursery, were purchased without the terra-cotta pot—once home, they were planted in iron troughs amid lotus and papyrus. Kevin, Ryan, executive crafts director Hannah Milman, and I love spending this day outdoors, learning and buying; G. K. also loves the outing.

and-bacon sandwiches for the hour-long drive. We have tickets for early buying, which begins at 8 a.m. (we purchase them online as soon as they go on sale), but no matter how early we arrive, there are always other early birds in line before us!

I cannot recall any Trade Secrets day being inclement. A rainy day would certainly put a damper on the festive and friendly atmosphere. Besides the many vendors under a series of variously sized tents, there is a coterie of enthusiastic local volunteers. These are the luggers and packers for the buyers and sellers. And there is a lot to lug and pack! Every buyer is given a number, and that number is used to identify every order. Once purchased, each order is sent to a holding area, and each number has its allotted space. Many of us shoppers buy scores of plants and objects, so the process requires a lot of organization.

Many of the buyers make a weekend of this special event, shopping all day Saturday and attending a wonderful tour of several celebrated local gardens on Sunday. I generally have so many plants that I need to spend Sunday planting them. But I can promise that should you attend, you will not be disappointed in the quality of the lovely gardens on the tour—you will learn a tremendous amount about the plant material that thrives in this special corner of our country, and you will be able to converse with some of our finest gardening experts. And you will be benefiting a good cause.



MARTHA & MACY'S, **IT'S A GREAT THING.**

MARTHA STEWART COLLECTION™

Only at Macy's. Quilts and bedspreads in cotton. Twin-king. $120-$400. ★**1855241.** Shams also available. For these and more, visit macys.com/martha
Advertised merchandise may not be carried at your local Macy's and selection may vary by store. 5030011.


the magic of
macy's
.com



CRUNCHY JALAPEÑOS

TANGO ACROSS YOUR TONGUE

All trademarks are owned by Frito-Lay North America, Inc. ©2014

GOOD THINGS

Upgrades, Solutions, Inspirations



CRAFT

SAY IT WITH FLOWERS

Do nature one better and give Mom everlasting tulips, complete with messages from the heart. With a few folds of colored paper and a piece of wire, you have a beautiful Mother's Day greeting. Craft a single flower or a whole arrangement of sweet sentiments. Turn the page for the how-to.

PHOTOGRAPHS BY AARON DYER

PROP STYLING BY HELEN QUINN AT PAT BATES AND ASSOCIATES

HOW-TO

Paper Tulips

Supplies

Medium-weight colored papers
Double-sided tape
Cloth-covered floral wire
Craft glue



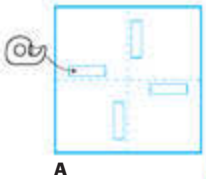
1. Cut out a square piece of paper 5 inches or larger. Fold in half, open, then fold in half again; unfold.

2. Apply tape along each of the creases as shown, *A*. Pinch creases so each piece of tape adheres and paper pops up into a cupped shape.

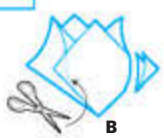
3. With scissors, cut edges into a petal shape as shown, *B*. Poke a small hole in bottom of folded flower.

4. Fold over tip of wire, insert into bottom of flower, and glue to secure.

5. With scissors, cut out paper leaves; write messages on them. Glue leaves onto wire.



A



B



HOME

The Right Frame of Mind

A single roll of wallpaper may not be enough to cover an entire room—but it can still transform a space in an impactful way. And since many patterns are as beautiful as artwork, it makes sense to display them as such. To keep the paper smooth, mount it to a thin foam board before framing. Line up several panels of wallpaper for the most dramatic effect. The best part: You can easily take this wallpaper down and move it around, or even bring it with you when you move.

Sources

Virserum frames, *19¾" by 27½", in White, $23 each, ikea.com.* **Peonies wallpaper,** *in Pale Blue, $175 for 30 ft., rifle paperco.com.*

ILLUSTRATIONS BY BROWN BIRD DESIGN



"I want to be a pair of jeans. Recycle me."

IWantToBeRecycled.org

Ad Council | KEEP AMERICA BEAUTIFUL









CRAFT

Fiesta in a Flash

Our colorful clip art makes it easy to throw a Cinco de Mayo celebration. All it takes is just a few clicks and some basic supplies. We created four patterns inspired by the floral designs on traditional Mexican embroidered blouses and dresses. Use them as suggested here, or come up with other ways to decorate with them, even after the holiday—the lively designs are great for any summertime get-together. Get the clip art at *marthastewart.com/cinco-de-mayo-prints.*

1

CANDLE COVERS

Transform candleholders into party lights. Print our clip art on vellum. Then cut the paper to fit the height of the candleholder. Wrap the paper around the holder, and secure it with double-sided tape.

2

COASTERS

Make a sweet set of colorful—and moisture-resistant—coasters. First, print the clip art on heavyweight paper. Then cut out the circles. Apply découpage glue to the back of the paper and adhere the circles to the coasters. Let them dry for two hours, then brush the glue over the tops and edges of the coasters. Let them dry again. Apply a second coat, and let that dry completely as well.

Cork coasters, *$8 for 8, bedbathandbeyond.com.* **Durable découpage glue,** *by Martha Stewart Crafts, in Matte, $10 for 8 oz., michaels.com.*

3

PLACE MATS

Welcome guests to the table with paper place mats. Just print the patterned clip art on 11-by-17-inch heavyweight paper, trim, and you're all set.

4

SILVERWARE CADDIES

Metal buckets with adhesive floral decals can hold cutlery, napkins, and more. Print the clip art onto 8½-by-11-inch clear adhesive sheets, cut around the designs, and adhere them to the buckets.

Adhesive computer film, *by Grafix, $12 for 6, dickblick.com.* **Tin pails,** *$3 each, camocelebrations.com.*

FOOD

Stock Up

Don't toss all your vegetable scraps—save some for stock. Many of the peels, stems, and other trimmings that you've been throwing away are full of flavor (though some make a more pleasing stock than others—see our lists, *right*, for what to save and what to toss in the compost bin). Simply rinse the keepers and place them in a labeled bag in the freezer. Once the bag is full, transfer the frozen scraps to a pot with a handful of whole peppercorns and completely cover with water. Simmer the stock for about an hour and season it with salt to taste; let it cool before straining and using.



The finished stock can be stored in the refrigerator for one week or frozen for up to six months.

GOOD TRIMMINGS FOR STOCK

- Carrots
- Summer Squashes
- Celery
- Asparagus
- Leeks
- Onions
- Garlic
- Herbs
- Fennel
- Corn Cobs

BETTER FOR COMPOST

- Mushrooms
- Beets
- Broccoli
- Cabbage
- Brussels Sprouts
- Cauliflower
- Turnips
- Artichokes



GARDEN

Flowers on File

A simple system will help you keep track of important garden info: File plant tags in an organizer with dividers for each section of your yard. The tags will come in handy as you care for the flowers this year, as well as when you shop for them again next year.

Expanding file, *by JAM Paper, in Light Green, $7, staples.com.*

TIP

To save extra uncooked bacon, freeze the strips individually: Roll up and freeze them on a tray until firm, then transfer them to a resealable bag and keep frozen until you're ready to cook them.



GARDEN

Shine On

These pots of gold (and silver and copper) have a distressed finish, for a hint of glamour, not glitz. With a natural sponge, dab small amounts of gilding adhesive onto each pot in random areas. Let it dry until tacky. Press metallic leaf against the adhesive, shiny-side down. Burnish it with your fingertips; peel away the paper backing and use a stippling brush to "age." Finish with spray sealant.



Sources

Gilding sheets, *in Copper, Silver, and Gold, $10 each; and* **gilding adhesive,** *$7, by Martha Stewart Crafts, michaels.com.* **Mandel pot,** *4¼", $2, ikea.com.* **Pottery sealer,** *by Design Master, $7.50, michaels.com.*

FOOD

Take a Dip

Up the sweetness factor of your chocolate-covered strawberries. Dip the berries in melted dark or white chocolate, transfer to a parchment-lined baking sheet, and chill until set, about 20 minutes. Pour more melted chocolate into a resealable plastic bag. Snip off a corner and pipe on words. For 1 dozen strawberries, you'll need 6 ounces of chocolate for dipping and 1 ounce for decorating.





CRAFT

Send a Bit of Spring

After the long winter, spread a little cheer with a reminder that May is *finally* here. Print our template (*marthastewart.com/may-day-cards*). Trace it onto patterned paper; cut out. Then fold and tape it into an envelope, as shown. Write a message and pop a seed packet inside. Seal with a sticker, then use a label on the front to mail.

Hudson Valley seeds, *seedlibrary.org.*



FOOD

A Drink With Gusto

Mexican horchata is a refreshing dairy-free drink with a subtle cinnamon flavor; here's an easy version of the classic and two tasty variations. For classic horchata, blend 1 cup rice milk, 1 to 2 tablespoons agave nectar, ⅛ teaspoon ground cinnamon, and a pinch of salt until smooth; serve over ice. For a strawberry version, add 1 cup hulled and halved strawberries to the blender. For chocolate horchata, melt ¼ cup coarsely chopped semisweet chocolate; stir it into the agave before adding to the blender.

marthastewart.com/testkitchen
Watch our food editors make these strawberries.



Lifesaving breakthroughs funded by the March of Dimes help give all babies the chance to dream.

Presenting Sponsors

martha stewart

BON-TON bonton.com

mudpie

Cause Marketing Sponsors

A&E Jewelers

ebay GIVING WORKS

seventh generation

kmart

ALEX AND ANI | CHARITY BY DESIGN

march of dimes
celebrating mothers and fathers every day

Together we can help more babies be born stronger and healthier.
Visit imborntoº.com

ADVERTISEMENT

Thanks to you, **Mom**

This Mother's Day, join the March of Dimes and our partners to celebrate the women who guarded our health and safety—before and after birth—and allow us to be our best, every single day.

imbornto thankstoyou

SHOP. DINE. DONATE.

By shopping, dining, and donating through the imbornto® campaign, you are helping further the March of Dimes' mission to help all moms deliver healthier babies.

Visit **imbornto.com** to shop our partners and learn more!

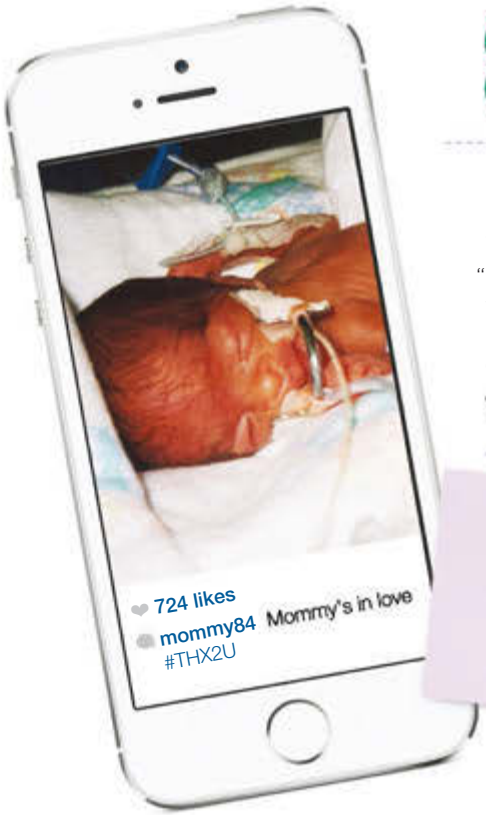
Chef Emeril Celebrates Moms

Chef Emeril has teamed up with Martha Stewart Living Omnimedia and Meredith Corporation to help in raising at least $350,000 for the March of Dimes Mother's Day imbornto® campaign. By adding a donation to your check at participating Emeril Restaurants in New Orleans, Las Vegas, and Orlando from 4/15/15 to 5/10/15, you can help reach or even exceed the donation minimum and ensure more babies are born stronger and healthier.

MSLO and Meredith Corporation will guarantee a minimum donation of $350,000



Emeril's restaurants



Thanks to You, Elijah Was Born to Play Basketball

"Everything happened so suddenly," says Elijah's mom, Elise. "There wasn't time for me to take in the magnitude of the situation—the birth of my only child, the fact that he arrived months earlier than expected, and the incredibly long journey ahead for our family."

Visit **imbornto.com** to learn more about Elijah's journey.

Join the #THX2U movement!

Visit imbornto.com to learn more!

Mother's Day: May 10!

THANKS TO OUR ADDITIONAL SUPPORTING PARTNERS:

kmart

seventh generation



The Bon-Ton Stores

Through the March of Dimes imbornto® campaign, Bon-Ton is proud to play a role in ensuring every baby has a chance to be born strong and healthy. This May, with any $75 fragrance purchase you can receive a fragrance atomizer for just a $1 donation filled with your choice of fragrance. 100% of the $1 atomizer will benefit the March of Dimes. Plus, when you visit any Bon-Ton, Bergners, Boston Store, Carson's, Elder-Beerman, Herberger's, or Younkers store beginning April 30 and donate $3, you'll receive a special $10 off coupon! Join us and ensure mom has a very happy Mother's Day!

BON-TON
bonton.com

Exclusions apply. Fragrance offer valid in Wms & Mens Fragrances (Dept 020 & 230)
Coupon available from April 30–May 10, 2015. Coupon may be used for your purchase of $25 or more

Mud Pie

Happy and healthy, from Head to Toe. Mud Pie believes that every baby deserves the chance to start life healthy, from head to toe. And through the end of the year, Mud Pie will donate a dime from the purchase of all baby headbands and socks to March of Dimes. Celebrate Mother's Day by styling the little one in your life with accessories that set her (or him) apart!

Mud Pie has committed a minimum donation of $150,000 in 2015

mudpie





ALEX AND ANI | CHARITY BY DESIGN

The Special Delivery Charms by ALEX AND ANI | CHARITY BY DESIGN honor the true blessing of motherhood. For each bangle sold, 20% benefits the March of Dimes. Visit alexandani.com to purchase and for further details.

ALEX AND ANI | CHARITY BY DESIGN



EBAY

Visit ebay's Charity Shop for Mother's Day gifts, and help support organizations who give so much to our communities.

ebay GIVING WORKS

A&E JEWELERS

Celebrate mom and special beginnings with A&E Jewelers as they donate 20% of the price of each twinkling Swarovski Encrusted, Sterling Silver Enchanted Healthy Beginnings necklace, available in three stone options.



A&E Jewelers

Applies to the sales price to A&E Jewelers customers at their retail stores, online, wholesale and to authorized retailers from March to December 2015. Donation minimum of $110,000.

march of dimes
celebrating mothers and fathers every day

March of Dimes does not endorse specific brand or products.

STRENGTHENS ENAMEL 4X BETTER†



REPLENISHES NATURAL CALCIUM FOR STRONGER ENAMEL

Colgate®

#1 BRAND RECOMMENDED BY DENTISTS

ColgateEnamelHealth.com

† vs. ordinary fluoride toothpaste, after 3 applications in an in situ study.

©2015 Colgate-Palmolive Company

BEAUTY & STYLE

Tips, DIY, News



"Cleanser removes everything, from makeup to microscopic bacteria, dirt, and pollutants," says David Bank, a dermatologist based in Mount Kisco, New York.

COMING CLEAN

The most elementary step in your daily beauty routine—washing your face—has a big impact on your skin's overall health and appearance. Whether you suds up twice daily or only to remove makeup, the right cleanser will wash away impurities, control excess oils, hydrate, and comfort sensitive skin, so you can put your best face forward every day.

PHOTOGRAPH BY YASU + JUNKO TEXT BY ERICA METZGER

PROP STYLING BY ELIZABETH PRESS

SOAP SAVVY

Removing makeup and dirt need not be a chore. (And smooth, clean skin helps all your other products work better.) It's time to think beyond the bar: Go ahead and lather up.



Gel Wash

Best for: Combination and oily skin types.
Pro: Benzoyl peroxide and detergents like sodium lauryl sulfate (SLS) remove surface oils and clear pores.
Con: Drying ingredients in high concentrations can strip and irritate sensitive skin.
Look for: Salicylic acid or soap-free formulas.
Try: Avène oil-free gel cleanser, *$25, avene usa.com.*



Foam Wash

Best for: All skin types.
Pro: It's often gentle with a luscious lather.
Con: It contains more water than active detergents, so it may not dissolve makeup (such as waterproof mascara) on the first go.
Look for: Antioxidants or botanicals to brighten and soothe.
Try: Peter Thomas Roth Cucumber De-Tox foaming cleanser, *$35, peterthomasroth.com.*



Cream Cleanser

Best for: Normal to dry skin.
Pro: High levels of oils, emollients, and butters clean while maintaining moisture.
Con: It may feel too heavy if your skin doesn't need the extra hydration.
Look for: Stearic acid and safflower-seed and coconut oils to replenish lipids.
Try: Dove DermaSeries gentle cream cleanser, *$16, dove.us.*



Facial Scrub

Best for: All skin types.
Pro: Exfoliating particles slough away dry dead skin cells.
Con: Overzealous scrubbing can irritate the skin and thin it out; limit use to twice a week.
Look for: Natural exfoliants, like oatmeal and sugar; or ones that dissolve, such as jojoba esters or polylactic acid.
Try: Soap & Glory The Greatest Scrub of All, *$20, soapandglory.com.*



Face Wipes

Best for: All skin types.
Pro: Convenience! Keep one in your gym bag and another on the nightstand (for late evenings).
Con: This surface cleanse won't purge pores; it shouldn't be your primary cleanser.
Look for: Fragrance- and alcohol-free towelettes.
Try: Korres Greek Yoghurt cleansing wipes, *$15, korresusa.com.*



Cleansing Oil

Best for: All skin types.
Pro: It gently lifts waterproof makeup, dirt, and debris while leaving skin feeling soft and looking dewy.
Con: Mineral oil–based cleansers can lead to clogged pores if not removed thoroughly.
Look for: Emollient oils like olive, coconut, argan, or macadamia nut.
Try: Shiseido Perfect cleansing oil, *$32, shiseido.com.*



Cleansing Balm

Best for: Dry skin.
Pro: The thick, waxy texture melts away makeup, while botanical oils create a pampering sensory experience.
Con: It's often too heavy for all but the driest skin types.
Look for: Soothing essential oils like marula, ylang-ylang, chamomile, and clove.
Try: Darphin Aromatic cleansing balm, *$45, darphin.com.*



Cleansing Mud

Best for: Normal to oily skin.
Pro: Like a purifying mask, mud sucks up excess oil and unclogs pores. (The cleanser then transforms to a foamy consistency.)
Con: It can be too drying for daily use.
Look for: Green, kaolin, or red clay.
Try: Glamglow Thirstycleanse Treatment cleanser, *$39, glamglowmud.com.*



What is micellar water?

This gentle waterlike solution wipes away makeup and impurities without any rinsing. To use, soak a cotton ball with the fluid, then sweep it across the face, allowing the micelles (tiny cleansing molecules) to do their job.

Simple micellar cleansing water, *$7, simple skincare.com.*

Swap this for your regular wash when skin needs a deeper cleanse.

THE LAWS OF LATHER

Skip the a.m. suds
Unless you have acne, washing your face once a day is fine, says dermatologist David Bank. Do it before bed to scour away the day's dirt and debris, and splash your face with water or use a micellar water in the morning.

Wash with warm water
Hot water doesn't open pores (a myth), but "tepid water does loosen up the gunk for an easier purge," says New Jersey–based cosmetic chemist Ni'Kita Wilson.

Toner is optional
Most cleansers incorporate a toning element, says Bank, but if you enjoy the ritual, opt for an alcohol-free formula that includes glycerin, aloe, or rose oil.

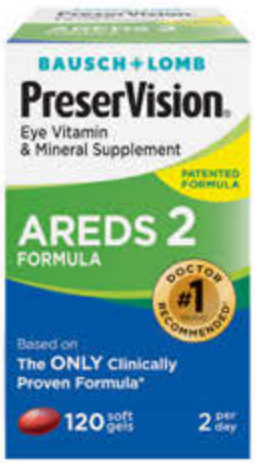
Rinse and repeat
Take the time to remove all the soap, paying special attention to the areas around your nose, jaw, and hairline. A rush job can lead to clogged pores and dry patches.

Moisturize just after cleansing
The best time to apply moisturizer is when your skin is still damp from washing, says Bank. Pat your face—lightly—with a towel, then slather on your moisturizer. "This seals in extra moisture, increasing the effectiveness of your lotion."

BRYAN GARDNER



ONLY PreserVision AREDS 2 contains the exact levels of clinically proven nutrients now recommended by the National Eye Institute to help reduce the risk of progression for people with moderate to advanced Macular Degeneration.*†



PreserVision AREDS 2. Clinically Proven Nutrients.

Ask your doctor if PreserVision AREDS 2 Formula is right for you.

†Age-Related Eye Disease Study 2 Research Group. Lutein + zeaxanthin and omega-3 fatty acids for age-related macular degeneration: the Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. JAMA. 2013 May 15;309(19):2005-15. National Eye Institute website: http://www.nei.nih.gov/areds2/ Accessed October 2013

©Bausch & Lomb Incorporated ®/TM are trademarks of Bausch & Lomb Incorporated or its affiliates. AREDS2 is a registered trademark of the United States Department of Health and Human Services (HHS). US/PV2/13/0051a(2).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MANUFACTURER'S COUPON | EXPIRES: 12/31/2015

SAVE $4.00

ON ANY ONE (1) BAUSCH + LOMB PRESERVISION® 120 CT OR LARGER



Find it in the vitamin aisle

CONSUMER: Coupons can only be redeemed at retail locations. Coupons may not be used for cash or used to purchase products directly from Bausch + Lomb. **RETAILER:** We will reimburse you at face value plus 8 cents handling per coupon if used in accordance with the terms of the Bausch + Lomb Coupon Redemption Policy (#1). Coupon void if taxed or prohibited by law. Limit one coupon per purchase of specified products. Good only in USA. Void if copied, transferred or expired. Not valid with any other coupon. Not redeemable for more than purchase price. Void where prohibited by law and where reimbursed under Medicare, Medicaid, or other government programs, and in states, including Massachusetts, that prohibit patient rebates if a third party pays any of the prescription price. Mail to Bausch + Lomb, Inmar Dept. 10119, 1 Fawcett Dr., Del Rio, TX 78840.

©Bausch & Lomb Incorporated ®/TM are trademarks of Bausch & Lomb Incorporated or its affiliates. US/PV2/13/0051a(2).

0324208-021395

5 24208 70093 2



THE CHICEST LINKS

Keep yourself in the loop style-wise with these easy beaded necklaces, inspired by the new book *Make a Statement*, by *Martha Stewart Weddings* associate style editor Katie Covington. Simply link together beaded loops, then finish with pretty cord or ribbon ties. A handmade piece can be a gift that Mom will treasure long after Mother's Day (and that you might just be tempted to keep for yourself!).

PHOTOGRAPHS BY SARAH ANNE WARD



Supplies

Monofilament
Round or faceted beads
Cord, ribbon, or thin suede strips

Sources

FireLine fused thread, *by Berkley, $11.50 for 50 yd.;* **metal cord ends,** *by JBB Findings, $3 each; and* **hematite, wooden, yellow-quartz, and agate beads,** *from $4.50 a strand, firemountaingems.com.* **Cordeliere cotton trim,** *5 mm, $3 a yd.;* **Ultrasuede tape,** *⅛", in Coral, $1 a yd.; and* **herringbone ribbon,** *25 mm, in Natural, $1.50 a yd., mjtrim.com.*

HOW-TO

1. For center loop, cut a 12-inch piece of monofilament. String on 10 to 14 beads. Triple-knot ends of monofilament so beads form a circle; thread excess back through beads.

2. For other loops, cut pieces of monofilament to preferred loop size. (We cut 9-inch pieces for small loops and 16-inch pieces for larger ones.) String on beads. Pull strand through first loop, then triple-knot ends together.

3. Continue adding loops on both sides of first loop until chain reaches desired length.

4. Cut 2 pieces of cord, ribbon, or thin suede for ties. Tie a piece around last loop on each end of chain.



Find more eye-catching, gift-worthy jewelry and accessory projects in *Make a Statement* ($23, chronicle books.com).


"Ginger's food didn't even have real meat.
So I switched her to BLUE."
When pet parents learn about the ingredients in some cat foods, they choose Blue Buffalo.®
Everything starts with real meat when we create BLUE™ cat food. Each and every recipe contains only the highest quality natural ingredients and no chicken (or poultry) by-product meals — because that's not something we want to feed a family member.
All BLUE natural cat foods:
✓ ALWAYS start with real meat
✓ ALWAYS include veggies and fruit
✓ ALWAYS include antioxidant-rich LifeSource® Bits
✓ DON'T have chicken (or poultry) by-product meals
✓ DON'T have artificial colors, flavors or preservatives
✓ DON'T have corn, wheat or soy
And your cat can enjoy all of this naturally healthy goodness for only pennies a day more.
BLUE
SUPER 7
LifeSource® Bits
with ingredients rich in ANTIOXIDANTS
ADULT
Indoor Hairball Control
with LifeSource Bits
Compare your cat's food to BLUE at
CompareBlueCat.com
©2015 Blue Buffalo Co., Ltd.
Love them like family. Feed them like family.®

© 2015 Kraft Foods

Oscar Mayer



Give Thanks on a Tuesday.



Slow Roasted and Carved Thick. *Oscar Mayer Carving Board* gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's *Oscar Mayer.*

FOOD & GATHERINGS

Cook, Nourish, Enjoy



PERFECT BITE

SMOKED TROUT & CUCUMBER

Cocktail hour, solved: Cut English cucumbers into ¼-inch-thick slices, then use them as cool, crunchy bases for rich, buttery flaked smoked trout. Sprinkle them with cracked black pepper and serve with a dry martini—gin is a top-notch match for these flavors.

PHOTOGRAPH BY BRYAN GARDNER

RECIPE BY LUCINDA SCALA QUINN

ADVERTISEMENT

YOUR TUSCAN TABLE

TIPS FOR CREATING AN AUTHENTIC AND INSPIRED GATHERING

The ambiance of a meal is as important as the food and wine. A few simple touches will help you create the perfect setting for a memorable outdoor Tuscan supper.

BERTOLLI



SET THE SCENE BY MOVING THE MEAL AL FRESCO.

Decorate with small plants in clay pots and enjoy each other's company after the sun sets amid tabletop votives and lights hung around your dining "room."



ADD COLOR AND FLAVOR WITH FRESH TOMATOES AND BASIL.

A bowl of fresh tomatoes, a selection of Italian olive oils, and Italian herbs like fresh basil add the perfect touch to a pasta dining experience.





KICK-OFF AND COMPLETE THE MEAL WITH TRULY ITALIAN TRADITIONS.

Start with a tasting of Tuscan wines paired with a selection of meats and cheeses. Cap off your evening with homemade gelato or biscotti for an authentic Italian experience.



150 ANNIVERSARIO

VISIT VIVABERTOLLI.COM FOR MORE WAYS TO BRING TUSCANY TO YOUR TABLE

VIVA BERTOLLI

BERTOLLI

BRING TUSCANY TO YOUR TABLE



150 ANNIVERSARIO

VIVA Bertolli Alfredo Sauces.
Winner of the ChefsBest® Taste Award for 2015.
Made with fresh cream and aged Parmesan, our Alfredos are enough to make any recipe outstanding. Create tempting dishes with each of our delicious sauces.
For inspiration and recipes, like us on Facebook or visit VivaBertolli.com

The ChefsBest® Award for Bertolli is awarded to the brand rated highest overall among leading brands by independent professional chef

Serving suggestion © 2015 R&R Foods



Boost the appeal of store-bought hummus with fresh mint, then serve it alongside seared paprika shrimp, crisp vegetables, and warm pitas.

AT YOUR CONVENIENCE

Putting dinner on the table on weeknights can be that much easier if you rely on a few at-the-ready staples from the grocery store. We've chosen some of our favorites—precooked polenta, frozen corn, spinach ravioli, and hummus—and developed four standout recipes that save you time without skimping one bit on flavor. Shortcuts never tasted so good.

PHOTOGRAPHS BY LENNART WEIBULL

RECIPES AND FOOD STYLING BY GREG LOFTS

Spinach-and-Cheese-Ravioli Egg Bake



Paprika Shrimp With Hummus and Mint



Vinegar-Glazed Chicken With Creamed Corn



Bacon-Wrapped Pork Tenderloin With Broiled Polenta



Spinach-and-Cheese-Ravioli Egg Bake

Active Time: **15 min.** Total Time: **1 hr.** Serves: **4**

- **1 tablespoon extra-virgin olive oil, plus more for pan**
- **1 package (8 to 9 ounces) fresh spinach-and-cheese ravioli**
- **1 cup grape tomatoes, halved**
- **7 large eggs**
- **1¼ cups half-and-half**
- **¼ cup plus 1 tablespoon grated Parmesan**
- **Coarse salt and freshly ground pepper**
- **⅓ cup panko or other dried breadcrumbs**
- **Jarred red-pepper relish, for serving**
- **Sliced vegetables, such as celery and bell peppers, for serving**

1. Preheat oven to 375°. Brush bottom and sides of a nonstick 5-by-9-inch loaf pan with oil. Scatter pasta and tomatoes evenly in bottom of pan. In a bowl, whisk together eggs, half-and-half, and ¼ cup cheese; season with salt and pepper. Pour egg mixture into pan. Bake 10 minutes. Meanwhile, stir together panko, oil, and remaining 1 tablespoon cheese. Season with salt and pepper.

2. Sprinkle panko mixture over egg mixture. Continue baking until puffed and golden brown on top and set in center, about 30 minutes more (if top is browning too quickly, tent with foil). Let cool 10 minutes. Run a knife around edges of pan; invert egg bake onto a cutting board to remove from pan, then turn top-side up. Slice and serve, with relish and sliced vegetables.

Paprika Shrimp With Hummus and Mint

Active/Total Time: **15 min.** Serves: **4**

Any type of paprika will work in this recipe—regular, hot, smoked (pimentón), or sweet (often called "Hungarian sweet").

- **3 tablespoons extra-virgin olive oil, plus more for drizzling**
- **1 pound large shrimp, peeled and deveined**
- **4 cloves garlic, minced (2 tablespoons)**
- **Coarse salt and freshly ground pepper**
- **½ teaspoon paprika, plus more for sprinkling**
- **2 tablespoons fresh lemon juice, plus wedges for serving**
- **1½ cups plain store-bought hummus**
- **3 tablespoons finely chopped fresh mint, plus leaves for serving**
- **Pitas, warmed if desired, for serving**
- **Romaine-lettuce leaves and sliced cucumbers, for serving**

1. Heat a large skillet over medium-high. Swirl in 2 tablespoons oil. Add shrimp in a single layer and garlic; season with salt and pepper. Cook, stirring a few times, until shrimp are pink, opaque, and just cooked through, 2 to 3 minutes. Stir in paprika; cook until fragrant, about 30 seconds. Stir in lemon juice, scraping up any browned bits from bottom of pan. Remove from heat.

2. In a bowl, stir together hummus, remaining 1 tablespoon oil, and mint. Serve shrimp and hummus drizzled with oil, sprinkled with paprika, and topped with mint leaves, with lemon wedges, pitas, lettuce leaves, and cucumbers alongside.

Vinegar-Glazed Chicken With Creamed Corn

Active/Total Time: **25 min.** Serves: **4**

- **1½ pounds boneless, skinless chicken thighs (about 8)**
- **Coarse salt and freshly ground pepper**
- **4 tablespoons unsalted butter**
- **⅓ cup white-wine vinegar**
- **⅓ cup low-sodium chicken broth**
- **1 bunch scallions, white and pale-green parts chopped, plus dark-green tops, thinly sliced, for serving**
- **1 pound frozen corn kernels, thawed and drained**
- **4 ounces cream cheese, cut into 1-inch pieces**
- **½ cup milk**
- **Arugula, lightly dressed with extra-virgin olive oil and white-wine vinegar, for serving**

1. Season chicken with salt and pepper. Heat a large skillet over medium-high; melt 2 tablespoons butter. Add chicken; cook, flipping once, until golden brown, 5 to 7 minutes. Stir in vinegar, scraping up browned bits from bottom of pan; cook 30 seconds. Add broth; simmer, turning chicken frequently, until cooked through and coated with sauce, 3 to 4 minutes. Transfer to a bowl.

2. Wipe skillet clean; heat over medium. Melt remaining 2 tablespoons butter. Stir in chopped scallions; cook just until fragrant, about 1 minute. Add corn; cook just to heat through, about 1 minute. Add cream cheese and milk. Cook, stirring, until cheese melts and simmers, 2 to 3 minutes. Season with salt and pepper. Top chicken and corn with sliced scallions; serve, with arugula salad.

Bacon-Wrapped Pork Tenderloin With Broiled Polenta

Active Time: **20 min.** Total Time: **45 min.** Serves: **4**

- **1 pork tenderloin (about 1¼ pounds)**
- **Coarse salt and freshly ground pepper**
- **6 slices center-cut bacon (about 6 ounces), halved crosswise**
- **Extra-virgin olive oil, for drizzling**
- **1 log (1 pound) precooked polenta, cut into 1-inch-thick rounds**
- **1 large red onion, cut into ¼-inch-thick rounds**
- **1 bunch asparagus (1 pound), trimmed**
- **Balsamic vinegar, for drizzling**

1. Heat broiler with a rack 6 inches from heating element and another rack below. Season pork with salt and pepper. Wrap bacon around pork in a single layer, stretching slices so ends overlap on bottom. Transfer to a rimmed baking sheet, seam-side down. Lightly drizzle oil all over sheet around pork. Add polenta and onion to sheet in a single layer; turn to coat with oil. Season with salt and pepper. Broil 5 minutes. Flip pork; broil 5 minutes more.

2. Meanwhile, place asparagus on another rimmed baking sheet, drizzle with oil, and season with salt and pepper.

3. Reduce oven to 375°. Flip pork seam-side down again. Place sheet with asparagus on lower rack. Roast until asparagus is crisp-tender and a thermometer inserted in middle of pork registers 140°, about 12 minutes. Generously drizzle asparagus and onion with vinegar. Let pork rest 10 minutes before carving and serving, with polenta and vegetables.

© 2015 MARTHA STEWART LIVING OMNIMEDIA, INC. ALL RIGHTS RESERVED



Reliable and cold hardy, **Invincibelle® Spirit Hydrangea** combines beauty with hope by donating $1 per plant to The Breast Cancer Research Foundation®. Visit us at provenwinners-shrubs.com.

FOR GOODNESS BAKES

Our new favorite cookies, cake, and fruit crisp have a lot going for them: They're made with healthier oils (coconut or olive, rather than butter) and grains (such as oats and cornmeal), for deeply satisfying taste and texture. And with additions like coconut, ground almonds and pecans, dark chocolate, and fresh fruit, there's plenty to love.

PHOTOGRAPHS BY LENNART WEIBULL



Extra-virgin olive oil, eggs, and milk make this Italian-inspired cornmeal cake extra-moist. And it's gluten-free, to boot.

LEMON CORNMEAL CAKE

Active Time: **25 min.**
Total Time: **3 hr. 15 min.**
Serves: **8**

- **½ cup milk**
- **Grated zest and juice of 1 lemon**
- **1½ cups raw almonds, chopped**
- **1 cup natural cane sugar**
- **1 cup fine yellow cornmeal**
- **1½ teaspoons baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon coarse salt**
- **¾ cup extra-virgin olive oil, plus more for pan**
- **3 large eggs**
- **1 teaspoon pure almond extract**
- **Confectioners' sugar, for dusting**

1. Preheat oven to 325°. Combine milk and lemon juice in a bowl; let stand until thickened, about 5 minutes. Pulse almonds, cane sugar, and zest in a food processor until finely ground. Transfer mixture to a large bowl; stir in cornmeal, baking powder, baking soda, and salt. Whisk oil, eggs, and extract into milk mixture; stir into cornmeal mixture.

2. Brush a 9-inch springform pan with oil. Pour batter into pan. Bake, rotating once, until golden and a tester inserted in center comes out clean, about 55 minutes. Let cool completely in pan on a wire rack. Dust with confectioners' sugar just before serving.

PER SERVING
536 calories; 37 g fat (5 g saturated fat); 80 mg cholesterol; 42 g carbohydrates; 108 mg sodium; 9 g protein; 6 g fiber

RECIPES AND FOOD STYLING BY SHIRA BOCAR

This golden crisp topping is chock-full of oats, as are the hearty, utterly delicious (and vegan) cookies, *right*, which are sweetened with maple syrup.



WHOLE-GRAIN STRAWBERRY-CHERRY CRISP

Active Time: **15 min.**
Total Time: **1 hr. 15 min.**
Serves: **6**

Serve this crisp with a dollop of plain Greek yogurt, if desired.

CRUMBLE

- **⅓ cup whole-wheat flour**
- **⅓ cup old-fashioned rolled oats**
- **¼ cup unsweetened coconut flakes**
- **¼ cup packed brown sugar**
- **¼ teaspoon coarse salt**
- **¼ cup extra-virgin coconut oil**

FILLING

- **8 ounces strawberries, hulled and cut into ½-inch pieces (1½ cups)**
- **8 ounces fresh cherries, pitted and halved (1½ cups)**
- **2 tablespoons packed brown sugar**

1. Crumble: Preheat oven to 350°. Combine all ingredients in a medium bowl; knead until oil is combined and mixture forms clumps.

2. Filling: Combine all ingredients in another bowl.

3. Transfer filling to a 9-inch pie dish. Top evenly with crumble. Bake until bubbling in center and topping is golden, 35 to 40 minutes. Let cool slightly before serving.

PER SERVING

235 calories; 12 g fat (10 g saturated fat); 0 mg cholesterol; 31 g carbohydrates; 54 mg sodium; 3 g protein; 3 g fiber



PECAN, OAT, AND DARK-CHOCOLATE-CHUNK COOKIES

Active Time: **30 min.**
Total Time: **1 hr. 10 min.**
Makes: **20**

- **4 cups pecans, chopped**
- **2 cups old-fashioned rolled oats**
- **1½ teaspoons baking powder**
- **1 teaspoon coarse salt**
- **1 teaspoon cornstarch**
- **½ cup extra-virgin olive oil**
- **½ cup pure maple syrup**
- **1 teaspoon pure vanilla extract**
- **6 ounces dark chocolate, chopped (1 cup)**

1. Preheat oven to 325°. Working in batches, pulse pecans in a food processor just until finely ground. Transfer to a bowl; stir in oats, baking powder, salt, and cornstarch. Make a well in center of mixture; add oil, maple syrup, and vanilla. Stir to combine. Fold in chocolate.

2. Scoop quarter-cups of dough onto parchment-lined baking sheets. Flatten each slightly with palm of your hand to ½ inch thick.

3. Bake, rotating sheets once, until cookies are light golden, about 20 minutes. Let cool completely on a wire rack before serving.

PER SERVING

355 calories; 29 g fat (5 g saturated fat); 1 mg cholesterol; 21 g carbohydrates; 63 mg sodium; 5 g protein; 4 g fiber



Down-home food calls for a simply set table. A single vase of flowers (on Mom's plate), serving vessels in pretty patterns, and a handwritten note make the meal extra-special.

The Brunch Bunch

Let's face it, breakfast in bed on Mother's Day is not all it's cracked up to be (all those pesky crumbs!). Wouldn't you rather spend a leisurely Sunday morning in the kitchen with some little helpers? Prepare a meal that everyone will enjoy, and teach the kids some culinary tricks along the way. We've taken inspiration from southern fried chicken and waffles—and added some flavorful fixings all our own.

PHOTOGRAPHS BY BRYAN GARDNER

MENU

Cold-Brewed Iced Coffees

Buttermilk Oat Waffles With Spicy Maple Butter

Oven-Fried Chicken

Brûléed Grapefruit

Yogurt Panna Cotta With Strawberries and Granola

RECIPES AND FOOD STYLING BY JENNIFER AARONSON AND SARAH CAREY

IT'S TASTIER THAN MILK.

PEOPLE WITH TASTE BUDS SAID SO.



Silk Vanilla Almondmilk is deliciously smooth and most people prefer its taste to milk. **Try for yourself.**

Silk
helps you bloom™

#silkbloom

National Taste Test 2013; Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.

STRATEGY

THE MENU

Fried chicken and waffles are a savory-sweet soul-food specialty. Here, the chicken is marinated in buttermilk so it's tender and juicy, then baked for easier cooking. It's equally good warm or at room temperature (topped with a dab of spicy maple butter, if desired). Broiled grapefruit halves and tangy panna cotta round out the meal.

THE HELP

Depending on their ages and experience levels, kids can pitch in when you're preparing these recipes. Most can help measure ingredients, crack eggs, make the cold-brewed coffees, mix the maple butter, whisk the ingredients for the waffle batter and the marinade, make the cornflake coating for the chicken, and sprinkle sugar on the grapefruit.



Cornflakes in the coating mean "fried" chicken turns extra-crisp—and stays that way for hours after cooking.

COLD-BREWED ICED COFFEES

Active Time: **5 min.**
Total Time: **5 min., plus overnight**
Makes: **Enough for 8 servings**

- **6 ounces finely ground espresso beans**
- **4 cups cool water**
- **Milk, for serving**

1. Stir together ground coffee and water in a pitcher. Cover and let sit overnight at room temperature.

2. Strain coffee through a fine sieve lined with a coffee filter, letting it drip into another container. Refrigerate up to 3 days.

3. To serve, fill tall glasses with ice. Add ⅓ cup cold coffee to each, then top each with milk.

BUTTERMILK OAT WAFFLES

Active/Total Time: **35 min.**
Serves: **8**

- **1 cup all-purpose flour**
- **1 cup quick-cooking oats**
- **3 tablespoons packed light-brown sugar**
- **1½ teaspoons baking powder**
- **1 teaspoon baking soda**
- **¾ teaspoon coarse salt**
- **4 large eggs, separated, room temperature**
- **2 cups buttermilk, room temperature**
- **1 stick unsalted butter, melted and cooled**
- **1 teaspoon pure vanilla extract**
- **Vegetable-oil cooking spray**
- **Spicy Maple Butter (recipe follows), for serving**
- **Pure maple syrup, for serving**

1. Preheat oven to 200°. Heat waffle iron. Whisk together flour, oats, brown sugar, baking powder, baking soda, and salt in a large bowl. In another bowl, whisk together yolks, buttermilk, butter, and vanilla; stir into flour mixture.

2. Beat egg whites in a separate bowl until peaks are stiff but not dry. Fold into batter.

3. Coat waffle iron with cooking spray. Pour in batter, spreading almost to edges. Close lid; cook until waffles are golden, 3 to 5 minutes

Serve up seasonal dishes with the help of our food editors—watch the videos at *marthastewart.com/testkitchen*.

(or as indicated on waffle iron). Transfer to a baking sheet; keep warm in oven while cooking remaining batches. Serve warm, with maple butter and syrup.

SPICY MAPLE BUTTER

Active/Total Time: **5 min.**
Makes: **About ½ cup**

- **1 stick unsalted butter, room temperature**
- **2 tablespoons pure maple syrup**
- **1½ teaspoons hot-pepper sauce (such as Tabasco), or to taste**
- **½ teaspoon coarse salt**

Mash together all ingredients in a bowl with a flexible spatula until smooth. Maple butter can be stored in refrigerator up to 3 days; bring to room temperature before serving.

OVEN-FRIED CHICKEN

Active Time: **25 min.**
Total Time: **55 min.**
Serves: **8**

- **2 cups buttermilk**
- **1 tablespoon Dijon mustard**
- **4 teaspoons coarse salt**
- **½ teaspoon freshly ground pepper**
- **2½ pounds skinless chicken thighs and drumsticks (4 each)**
- **8 cups cornflakes**
- **½ cup all-purpose flour**
- **2 tablespoons extra-virgin olive oil, plus more for drizzling**
- **2 large eggs, lightly beaten**

1. Whisk together buttermilk, mustard, 2 teaspoons salt, and pepper in a shallow dish. Add chicken. Cover and refrigerate at least 3 hours and up to overnight.

2. Preheat oven to 425°. Pulse cornflakes into coarse crumbs in a food processor. Transfer to a bowl; stir in flour, remaining 2 teaspoons salt, and oil.

3. Place a wire rack on a baking sheet. Remove chicken from buttermilk mixture, allowing excess to drip off. Working with a few pieces at a time, dip in eggs, then coat with cornflake mixture, patting to adhere. Place chicken on rack. Drizzle tops with more oil.



Sliced strawberries and crunchy granola make sweet toppings for silky-smooth panna cotta.

4. Bake chicken, rotating sheet once, until golden brown and cooked through, about 35 minutes (if browning too quickly, tent with foil). Serve warm or at room temperature.

BRÛLÉED GRAPEFRUIT

Active Time: **5 min.**
Total Time: **10 min.**
Serves: **8**

- **4 Ruby Red grapefruits, halved and segments loosened**
- **4 teaspoons turbinado sugar**
- **Freshly grated nutmeg**

Heat broiler with rack 4 inches from heating element. Sprinkle grapefruit halves with sugar, dividing evenly. Broil until sugar is melted and browned in spots, about 5 minutes. (Or brûlée with a kitchen torch.) Sprinkle with nutmeg; serve.

YOGURT PANNA COTTA WITH STRAWBERRIES AND GRANOLA

Active Time: **15 min.**
Total Time: **1 hr. 45 min.**
Serves: **8**

- **1 envelope (¼ ounce) unflavored powdered gelatin**
- **1½ cups heavy cream**
- **⅓ cup sugar**
- **Pinch of coarse salt**
- **1 container (17.6 ounces) plain Greek yogurt**
- **½ teaspoon pure vanilla extract**
- **Sliced strawberries and granola, for serving**

1. Sprinkle gelatin over ¼ cup water in a bowl; let soften, about 5 minutes. Heat 1 cup cream, sugar, and salt in a saucepan over medium, stirring until sugar is dissolved. Remove from heat; stir in gelatin.

2. Whisk together yogurt and remaining ½ cup cream in a bowl. Whisk in gelatin mixture and vanilla. Divide among 8 shallow 6-ounce dishes. Refrigerate until set, at least 1 hour and up to overnight. Serve, with berries and granola.

New!

CHICKEN JUST GOT EVEN MORE ENJOY A BOWL





Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland

NEW FANCY FEAST BROTHS WITH CHICKEN

Mouthwatering silky smooth or creamy broths crafted with the chicken she loves, real veggies and never any by-products or fillers. They're a whole new way to wow her daily.

PURINA Fancy Feast

WOW SERVED DAILY

DISCOVER MORE @ FANCYFEASTWOW.COM



TABLEAU

TONAL IMMERSION

Colorful doesn't have to mean rainbow-bright. Tonal bouquets that highlight different shades of one color look just as spirited as the full spectrum. Here, we gathered an array of May-blooming lilacs in violet hues for a majestic burst of purple. Trails of wisteria give the arrangement an unexpected and unfussy touch.

PHOTOGRAPH BY NGOC MINH NGO



HOME SMART HOME

A range of digital devices promises to attend to your household needs—even when you're not home. Connected to your smartphone, these gadgets will save you time, money, and headaches. And setting them up is easier than you might think.

PHOTOGRAPH BY DOUGLAS FRIEDMAN

"The house is a machine for living in," declared Swiss architect Le Corbusier more than 80 years ago. But even that great modernist probably never dreamed we'd end up with quite so many moving parts. Luckily, many of these devices, from home-security systems to automatic sprinklers, have recently been given "smart" makeovers.

New devices rely on light, motion, or temperature sensors; weather data; or other information to automate domestic tasks (such as whom to allow in or when to water the lawn). Most of these gadgets can be operated or monitored via your smartphone. If you connect them to one another with a "hub," you can control them all with just one app. "Let's say you want more than one connected device, like automated blinds and door locks," says Brian Jones, director of the Aware Home Research Initiative at the Georgia Institute of Technology. "If they work together, you can synchronize them."

This is becoming easier as companies expand compatibility. "It used to be a weekend job to connect the various devices," says Jones. "Now it can be as simple as buying everything from the same big-box store." But there's no need to worry about installing a whole system just yet. "Look for solutions for your particular needs," he advises. Now that's smart. —*Catherine Hong*

COURTESY OF TRUNK ARCHIVE

"I have too many coupons,"
said no one ever.



20% OFF
ONE OF OUR HUNDREDS OF THOUSANDS OF ITEMS.

First-time email subscribers get a 20% off one single item email offer for in-store use. Sign up at bedbathandbeyond.com/MagazineTAB

BED BATH & BEYOND®

AT YOUR SERVICE

While you're away from home, these gadgets are keeping an eye on your property and making sure things run smoothly.



If you'd like to give someone your house keys (but not permanently).

Smart lock, $250, august.com.

Forget slipping the key under the doormat. With this battery-operated lock system, an app on your smartphone replaces a key, allowing you to lock and unlock doors remotely. Even better, it can grant a houseguest, contractor, dog walker, or other visitor temporary access—whether it's unlimited for a week or restricted to a weekly two-hour window.



If you want it to look like someone is home.

Link bulbs, from $15 each, homedepot.com.

Connected lightbulbs are among the easiest-to-use smart home gadgets. Linked to a Wink hub (below, *far right*), this one can be programmed to dim at bedtime and synced with a smart lock so it turns on when you come home. And because you can control the lights from anywhere, you can also use them as a security measure when you're away.



If you're looking to save on your home energy bill.

iComfortS30 thermostat, $550, lennox.com.

A programmable thermostat can control the climate in your home based on your preferences and daily routines, saving you money in the process. This smart one has two added features: a screensaver that can be customized to display whatever image you upload, and the ability to monitor air quality in the immediate area (on high-pollen days, it will trigger the air-filtration fan to run more frequently).



If you're curious about what your dog does all day.

Dropcam Pro, by Nest, $199, homedepot.com.

An Internet-enabled home-security camera can help you keep an eye on your home, kids, or pets from your smartphone or computer. You can watch the footage as a live stream, set the camera for custom alerts (like a warning text every time there's movement near the cookie jar), and, for an extra fee, store video in the cloud so you can review the footage later.



If you can never remember whether or not you closed the garage door.

Chamberlain MyQ Garage, $130, homedepot.com.

The problem: You're miles from home when you suddenly realize that you forgot to close the garage door. With a smartphone-enabled controller, you can open and close the door from anywhere. It can also send you text alerts when, say, the door's been open longer than 45 minutes. (The controller is compatible with most garage-door openers made after 1993.)



If you like automated sprinklers but want to save water.

Rachio Iro, from $249, rach.io.

Most sprinkler systems will water your lawn according to the schedule you set—even during a rainstorm. The new generation of connected watering systems pulls in local weather data, skipping sessions if it has recently rained or if rain is in the forecast, and also taking the season into account.



If you're worried about basement flooding.

Overflow, $40, quirky.com.

When a rainstorm or burst pipe triggers a flood, it can lead to ruined carpeting, corroded drywall, dangerous mold—all adding up to thousands of dollars in damage. A smart water sensor can alert your mobile device the moment it detects standing water (the sensor is placed near the floor)—ideal for basements and laundry areas, and especially handy in vacation homes.



If you want to connect all your smart home apps.

Relay, $300, wink.com.

The Wink Relay is a touchscreen hub that gets mounted on your wall. The idea is that it's the command center of your connected home, giving you access to all your smart products from one interface. You can use your smartphone to control your various gadgets as well, but the Relay—unlike your phone—can't be misplaced. (The Wink hub [$50] connects smart products as well, but without the Relay's bells and whistles.)

COURTESY OF THE MANUFACTURER (SMART LOCK, MYQ GARAGE, OVERFLOW, THERMOSTAT); BRYAN GARDNER (OTHERS)

©2015 P&G

TURN LAUNDRY TIME INTO *TURBO* TIME

#1 RECOMMENDED by leading washer manufacturers*



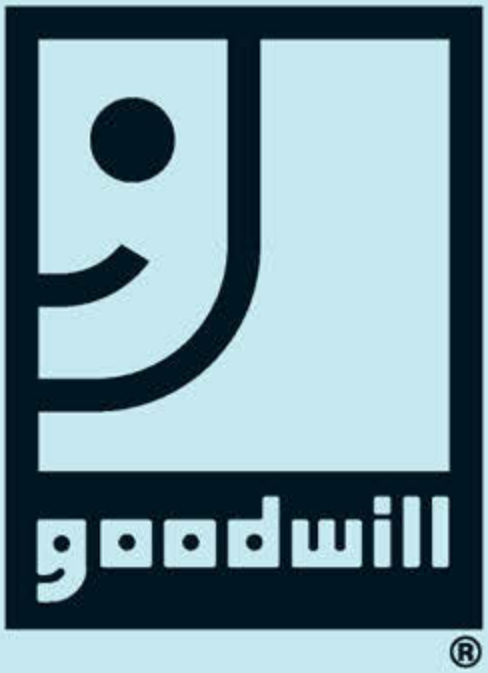
SAVE UP TO 25 MINUTES IN YOUR HIGH EFFICIENCY WASH CYCLE.

HE Turbo's Smart Suds™ collapse faster to save up to 25 minutes a wash in your high efficiency machine. Look for HE Turbo on Tide.

he TURBO

tide.com/he

*Based on co-marketing agreements.



DONATE STUFF. CREATE JOBS.

Ad Council

TO FIND YOUR NEAREST DONATION CENTER,
GO TO **GOODWILL.ORG**

MAY

PHOTOGRAPH BY GABRIELA HERMAN

Bright and Beautiful



Jam jars filled with colorful sweet peas from Floret, a flower farm in Washington State.



SWEET ON PEAS

A single green pea fresh from the pod is all it takes to provide an explosion of late-spring flavor (not that anyone could eat just one). Here are new ways to enjoy English peas, as well as sugar snaps, snow peas, and even pea shoots—in other words, peas aplenty.

PHOTOGRAPHS BY
Johnny Miller



wild salmon *with* English peas *and* mustard beurre blanc

This may be the perfect dinner-party dish: elegant, delicious, and, best of all, easy. It's also so vibrant and beautiful that it's sure to elicit raves before anyone even takes a bite. Blanched English peas are scattered around a simple roasted side of wild salmon. Beurre blanc, served on the side, is essentially a warm vinaigrette made with butter instead of oil. Finish with a sprinkling of chives and—if you have them—a few flowering pea shoots.

Whiteware oval platter, *by Martha Stewart Collection, macys.com.*

>> For recipes, see page 116.

ENGLISH PEAS

There's nothing quite like the irresistible sweetness and texture of fresh English peas, also simply known as green peas. In fact, the fresher the better—use them soon after buying or picking them. (However, thawed frozen peas are generally a fine substitute.) One pound of pods yields about a cup of peas.

spring pea soup *with* asparagus *and* potatoes

The best word to describe the way this soup tastes is *green,* in the most delectable way. Sautéed leek, celery, and carrot form a flavorful base; potatoes add heft; and Parmesan rind makes the broth luxurious and savory. But the real stars of the dish are asparagus, English peas, and sugar snap peas, each contributing seasonal flavor to every spoonful.

Pebble cereal bowls, *in Milk, mudaustralia.com.*



SUGAR SNAP PEAS

These plump pods are crisp, sweet, and just right for snacking on raw or serving with dip as crudités. They are also excellent simmered, steamed, or sautéed briefly, only until they turn bright green.



green-pea pesto toasts *with* soft-cooked eggs

For a play on pesto, purée peas in the food processor along with the traditional basil, pine nuts, Parmesan, and extra-virgin olive oil. The result is a hearty spread, excellent topped with eggs for breakfast (or lunch or dinner, for that matter). It also works well as a dip for peppery radishes and, naturally, as an easy sauce for pasta.

tagliatelle *with* mashed peas *and* pecorino

This dish is sure to be a hit with everyone at the dinner table—think of it as a grown-up version of noodles with butter. English peas, mashed with sautéed shallots, are dotted throughout the ribbons of pasta, providing sweetness against the rich backdrop.





PEA SHOOTS

The edible stems, leaves, and curly tendrils of pea plants have a delicate texture and subtle flavor that make them worth snapping up at the market (or snipping from your own garden). They may be also called pea greens and can be served fresh or sautéed.

roasted-chicken bread salad *with* peas

Here's your new chicken dinner, complete with sides. Roast and carve the bird, then whisk together a warm, lemony dressing using the pan juices. Toss it with cubes of toasted rustic bread, English peas, and snap peas, and arrange everything together. Pea shoots are the most fitting leafy green to finish the salad.



green-pea burgers *with* harissa mayo

Homemade veggie burgers often have ingredient lists as long as a midsummer day, but these bright-green patties pack in tons of flavor with just a handful. Chickpeas pair with English peas for protein-packed burgers that satisfy—especially when served on brioche rolls with baby greens, crisp cucumber, and mayonnaise mixed with harissa, a Middle Eastern chile paste.

Created by Shira Bocar, Ayesha Patel, and Jennifer Wagner
Text by Amy Conway

sautéed snow peas *and* pea shoots

This versatile side dish comes together in 10 minutes. In fact, the sliced snow peas *should* be cooked quickly in a hot pan to retain their color and crunch. The pea shoots need just 30 seconds to wilt and take on the flavors of smashed garlic and red-pepper flakes.



SNOW PEAS

Part of the category of legumes known as mange-touts—or "eat all"—these flat green pods, which hold small peas, are entirely edible. They're common in Asian stir-fries and can also be eaten raw, whole or sliced.

THE LUSH LIFE



On her two-acre farm in the Skagit Valley of Washington State, ***Erin Benzakein*** of ***Floret*** grows organic flowers, designs romantic arrangements, hosts workshops, and writes openly and honestly about her experiences as a farmer-florist, entrepreneur, and working mother of two. No wonder her business is blossoming.

PHOTOGRAPHS BY GABRIELA HERMAN | TEXT BY MELISSA OZAWA



Floret

2014 DESIGN WINNER

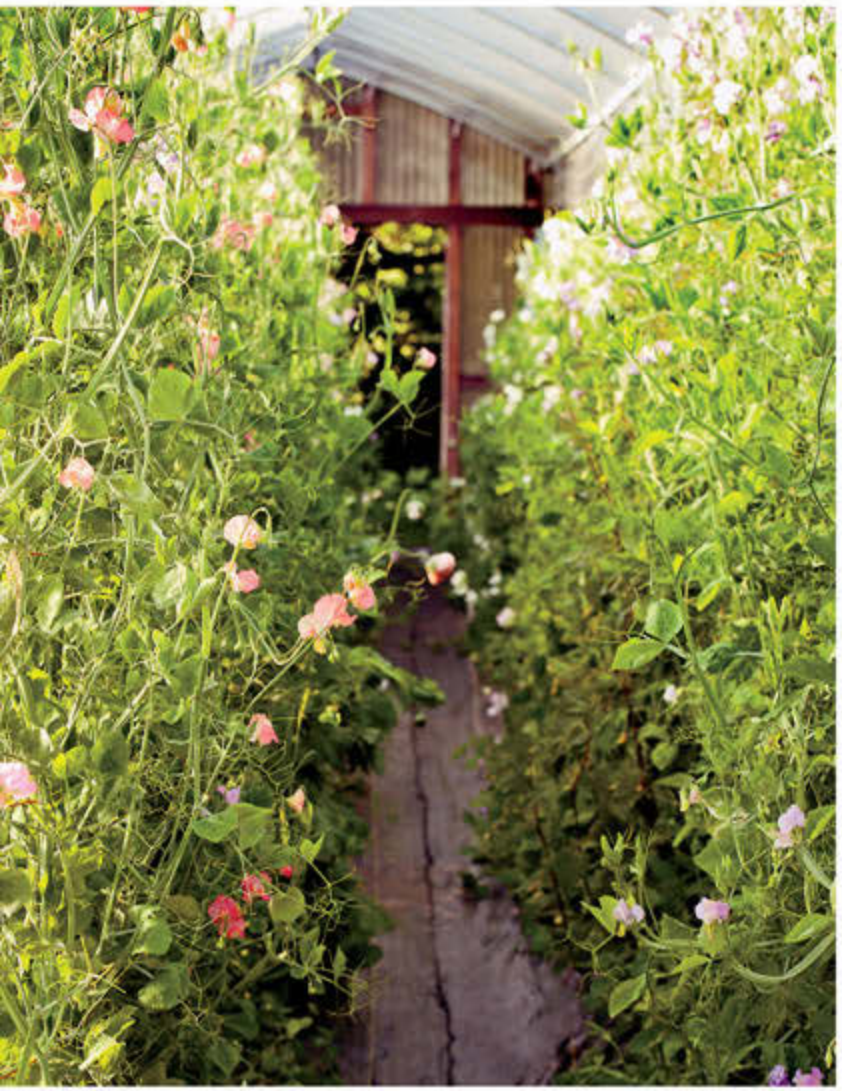
Erin Benzakein

Mount Vernon, Wash.
floretflowers.com

Floret is a family farm and floral-design studio specializing in handcrafted organic arrangements for weddings and other special events.

TRIP TO BOUNTIFUL

"I love walking in the garden first for inspiration. I like to see how closely I can mimic in the vase what I find there," she says. In this tall glass urn, she started with a base of copper beech and ninebark branches, anchored by a large flower frog, before adding 'Coral Charm' peonies, 'Ghislaine de Féligonde' roses, sweet peas, nasturtiums, raspberries, and *Sanguisorba*. *Opposite:* Benzakein builds an arrangement with white and yellow peonies, roses, and foxgloves.











LONGING FOR A QUIET, SIMPLER LIFE, ERIN BENZAKEIN AND HER FAMILY MOVED OUT OF SEATTLE 14 YEARS AGO AND RELOCATED TO A FARM 60 MILES NORTH OF THE CITY.

A few years later, with two small children in tow, she wanted to start a business that allowed her to work from home. She had been a gardener all her life, so she began by growing vegetables, then heirloom apple trees, and she eventually even tried raising chickens. Nothing, sadly, was quite right. It wasn't until she planted a double row of sweet peas to honor her great-grandmother that she found her calling. She grew an abundance of blooms in her organic garden that first year and started offering some for sale. "When I handed my first customer a bouquet, she took a big sniff and started to cry, remembering her own grandmother's love of sweet peas," she recalls. "That's when I knew I had found something I really wanted to do with my life."

She still struggled, however, with how to turn her love of flowers into a profitable business. She pulled images of floral arrangements she liked from magazines and began making her own. "Yet it never occurred to me to cut flowers from my garden for them. I somehow had disconnected the two—gardening and flower-arranging—thinking that flowers for arrangements came from a store. Isn't that funny?" she laughs. Once she made the connection, she gave herself permission to cut (and cut and cut) from her garden. Her local Whole Foods loved the bouquets she sent there and asked for more. So she ripped out the vegetables, found homes for most of the chickens, and started growing flowers as a business. "I quickly went from a backyard gardener to a farmer," she said. And Floret was born.

She began documenting her experience on her website, *floretflowers.com.* "We discussed the blog as a family, since the kids are so intimately involved with the farm. We had to make sure they were comfortable being a part of the blog, too," she says. Photographs of Benzakein; her husband, Chris; and their kids working in the fields fill the blog, as do pictures of gorgeous arrangements and rows of blooms in the evening sun. But life on a farm is not always a bed of roses (even when that's one of your crops). Benzakein writes honestly about the difficulties of being a working mom





and farmer—the exhaustion, the insecurities, the failures, even the piles of dirty laundry. This candor has endeared her to her fans (she now has more than 66,000 Instagram followers) and propelled her as the voice and face of the growing farmer-florist movement. But her openness does not end there. She shares the work of her colleagues, frequently writing about other designers and growers. She also hosts multiday workshops at the farm; this year's six classes are already sold out.

Today, the farm thrums with activity year-round. Floret has densely packed its two acres—comprising 11 hoop houses, a heated greenhouse, and open growing fields—with flowers. Chris now works full-time on the farm, and Benzakein has hired more staff to help with orders, planting, and harvesting. Even so, "during the flowers season, we consider it a marathon," she says. They are up before dawn and are often toiling until after the sun sets. Benzakein also creates arrangements for weddings and special events, sells seeds, and is looking to expand into shipping flowers nationally. Life on the farm might not exactly be quiet or simple, but she wouldn't trade any of it. "We're living in the middle of a fairyland," she says. "To walk out your back door and see towering rows of sweet peas—it's pretty magical being surrounded by beauty all day."

FIELDS OF DREAMS

From left: Snapdragons grow in rows on the farm. Benzakein builds a pink-and-green bouquet with bells of Ireland, honeysuckle, campanula, Queen Anne's lace, dianthus, *Saponaria,* and a single peony: "My goal is to make my bouquets look like they're growing," she says. ***Opposite, clockwise from left:*** Benzakein began with just a couple of rows of sweet peas, and today she grows 50 varieties—"They're still my favorite flower," she says—and offers sweet-pea seeds for sale. Benzakein plants seedlings in one of the hoop houses. She builds an arrangement in a low-footed bowl, using a flower frog and chicken wire for support. The hoop houses help extend the growing season. On delivery days, her husband, Chris, leaves before 4 a.m. to beat the traffic; when he returns, he puts in a full day on the farm.



IN FULL FLOURISH

Sky-blue delphiniums, coral Icelandic poppies, and salmon-pink sweet peas are the stars of this abundant arrangement housed in a galvanized French flower bucket. Benzakein extols the merits of buying domestically grown flowers. Not only is it more eco-friendly (less fuel is needed for shipping, and imported flowers often use more chemical fertilizers and pesticides than ones grown in the U.S.), but it helps to support small family farmers and keep money in the local economy. Plus, they're fresher. "It's just a win-win situation," she says.

ALL IN THE FAMILY

Jasper, 12, and Elora, 15, help their parents pick Icelandic poppies. For the past five years, Benzakein has been writing about their life on her blog. She and Chris take all of the photographs. "The family has been on board since the beginning, but it's nerve-racking," she says. "You're really making yourself vulnerable." Her honesty has connected her with many people around the world. "We've developed a great online community of growers and designers. Everyone is so generous. There is nothing off-limits."





THINK PINK

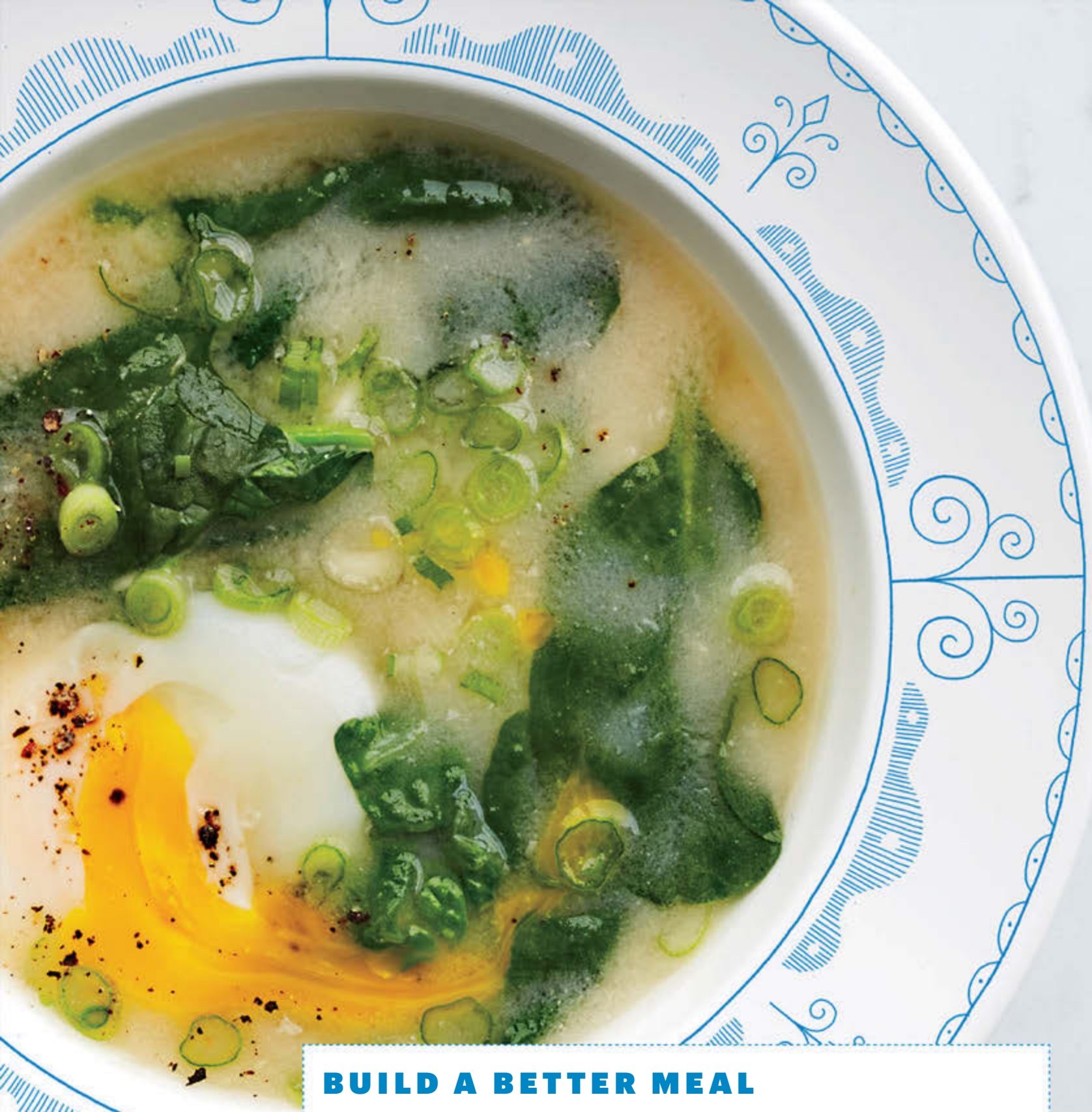
During the growing season, Benzakein offers several flower-arranging workshops at the farm. Students are given access to cut whatever blooms they want from the fields: "We try to think of the farm as a living classroom," she says. Here, she has combined garden roses, peonies, astrantia, sweet peas, ninebark, copper beech, and *Sanguisorba* in varying shades of red and pink for an exuberant, romantic arrangement.

THE GOLDEN TOUCH

While working on weddings and events, Benzakein meets with the client to discuss the color palette. For this yellow-and-white arrangement, she packed a tall glass vase with peonies, foxgloves, chamomile, Icelandic poppies, 'Ghislaine de Féligonde' and 'Windrush' roses, sweet peas, and blueberries. When she's not working on events or workshops, Benzakein is busy with a new challenge: writing a book about growing and arranging flowers, which is due out in the fall of 2016.



Produced by Melissa Ozawa



BUILD A BETTER MEAL

You know the drill. Eat more fresh produce, lean proteins, and whole grains. And now here's how: Follow our blueprint of inspired meal ideas (some might surprise you) to help put those words into action morning, noon, and night.

Photographs by
MARCUS NILSSON

Illustrations by
MICHAEL KIRKHAM

Text by
LINDSAY FUNSTON

Just One Soak

This make-ahead mix lets you power up with omega-3s, fiber, and protein.

You've no doubt heard all the buzz about nutrient-packed chia seeds. Well, here's a super-easy way to include them in your daily routine: Soak the seeds in almond milk or water (¼ cup seeds to 1 cup liquid) until they take on a chewy texture reminiscent of tapioca pudding, about 20 minutes. Soaked chia seeds can be refrigerated for up to 5 days, so you can make a big batch at the start of the week. Stir a couple of spoonfuls into a smoothie or oatmeal, or, for a parfait, mix ½ cup soaked seeds with 2 tablespoons almond milk; top with fresh fruit and a drizzle of maple syrup.



Return to Blender

You don't need a juicer to whip up delicious vegetable-based power drinks.

Juicing may get all the attention, but smoothies are (still) another great way to boost your energy. They also retain their bulk—the all-important fiber that holds you over—and definitely taste much fresher than anything from a bottle. (They won't set you back 10 bucks at a juice bar, either.) To make our favorite green smoothie (shown), blend 1½ cups frozen mango chunks, 6 medium romaine-lettuce leaves, 2 cups packed spinach leaves, 2 tablespoons fresh lemon juice, and 1½ cups water until smooth. This makes 3 cups, enough for 2 servings.



Rethink "Over Easy"

A scramble doesn't have anything on our new favorite way to eat eggs. Soup for *breakfast*? Indeed!

If you like starting the day with a poached egg, put it in a flavorful broth rather than on a piece of toast. This soup, rich and silky from the miso and egg yolk, will instantly warm you up while giving you a nice way to work a whole cup of spinach into your morning meal. To make: Bring 1½ cups water to a simmer in a saucepan. Whisk in 2 tablespoons white (shiro) miso until it dissolves completely (do not let it boil). Gently crack 1 large egg into a small bowl, then gently slide it into the simmering broth. Cook until the white is just set and the yolk is still runny, about 2 minutes. Add 1 cup baby spinach and cook just until wilted, about 1 minute. Sprinkle with chopped scallions and season with coarse salt and freshly ground pepper. To change things up, spike the soup with hot-pepper sauce or red-pepper flakes, and experiment with other tender greens, including baby kale, watercress, or tatsoi.

UP YOUR MIDDAY FUEL EFFICIENCY

Bowled Over

Dial back on grains, and scale up on lean protein and fresh produce.

Too often, popular "rice bowls" lean heavily on carbs—as much as 1 cup of rice in a serving. But just a few tweaks help these dishes strike a better balance: Start with ½ cup cooked whole grains (brown rice, farro, quinoa) per serving, add ½ cup cooked beans (black beans, chickpeas, cannellini) and 3 ounces lean protein (chicken or turkey breast, pork tenderloin), and round it out with vegetables (any will do). We used romaine lettuce and sliced radishes in our version of a burrito bowl, topped with fresh salsa, toasted pepitas, and creamy avocado dressing. (For the recipe, see page 120.)



Green Your Noodle

Trade in traditional pasta for the ultimate gluten-free alternative.

Cut into thin strips and briefly cooked, zucchini takes on an al dente texture that mimics pasta's. Use a mandoline, julienne peeler, or sharp knife (or a special machine called a spiral slicer) to make the strands, then pair them with a fresh tomato sauce: Sauté 1 pint halved cherry tomatoes, 2 tablespoons capers, 1 thinly sliced garlic clove, and a pinch of red-pepper flakes in 3 tablespoons extra-virgin olive oil for 1 minute over medium-high; add "noodles" from 1 large zucchini. Cook, tossing, 1 to 2 minutes. Sprinkle with toasted pine nuts, grated Parmesan, and fresh basil (serves 2).



Rice to the Occasion

Puffy brown-rice cakes are just as versatile as toasts for layering on the flavor (and they're gluten-free).

These supermarket standbys can be stacked with inventive (and protein-rich) toppings for easily assembled mini-meals. *Opposite, clockwise from top left:* Layer on Asian flavors with avocado, tamari, and black sesame seeds. Get a taste of the Middle East with tahini, tomatoes, parsley, and sea salt. Swap out the bagel and cream cheese for a rice cake with Neufchâtel, smoked salmon, red onion, and dill. Satisfy your sweet tooth with nut butter, berries, and honey. Think tea sandwiches: ricotta, cucumber, coarse salt, and freshly ground pepper. Kick up the heat with peanut butter, hot sauce, and toasted unsweetened coconut flakes.

More topping ideas

- HUMMUS WITH THINLY SLICED SHARP CHEDDAR AND SPROUTS
- PLAIN GREEK YOGURT WITH PISTACHIOS AND HONEY
- MELTED DARK CHOCOLATE WITH SEA SALT





Everyday Entertaining buffet plate, *by Martha Stewart Collection, macys.com.*

Created by Shira Bocar, Tanya Graff, and Jennifer Wagner



A Cut Above

Here's a tender, juicy "steak" that everyone can sink their teeth into.

Vegetarians and meat eaters alike will appreciate the appeal of this hearty knife-and-fork dish. It's made by cutting a head of cauliflower, trimmed stem and all, vertically into thick slabs, then roasting it until it's crisp and browned on the outside but still tender inside. We paired each "steak" with romesco sauce and fresh herbs and microgreens. (For the recipes, see page 120.) In place of romesco, you can try tapenade, chimichurri, or salsa verde.

Go 50-50

You don't need to abandon your favorite comfort food—just give it an update.

This flavorful main dish is destined to become part of your regular rotation. It features the healthier combination of equal parts ground chicken (which has half the fat of beef) and broccoli; the steamed florets help make it extra-moist. A sweet-and-savory glaze of ketchup, Dijon mustard, and brown sugar provides the trademark top. (For the recipe, see page 120.) Serve with mashed sweet potatoes, using extra-virgin olive oil instead of butter.

AWASH WITH COLOR



PHOTOGRAPHS BY
PAUL BARBERA

A bucket of dye holds much more than tinted water—it is filled with potential. Use it to reinvent all kinds of items around the house, giving them not just a new shade but a new life. And have fun while you're at it; there's nothing complicated or intimidating about the process. Experiment to come up with your own colors, and then enjoy the transformation that takes place before your eyes. If you want to rethink your old table linens, wake up some bedding that bores you, or find a fresh way to display favorite photos, just dip them in dye and consider it done.



BLUE NOTES

Fabric isn't the only material that can be dyed—paper, wood, yarn, raffia, and even feathers and stones can as well. Be prepared to embrace the element of surprise: When you dye an item, you never know exactly how it will turn out. All of the objects here were dyed in the same aqua bath (for varying amounts of time). The fluctuations in color are part of the magic.









NICE SHADES

Clockwise from top left: Give vintage table linens, particularly those with interesting trims or patterns, a more contemporary look with a new color. These disposable bowls are a wonderful, low-commitment way to play with dye colors: In pretty shades, they mimic the look of handmade ceramics and are worthy of display on a desk or dresser as organizers for small supplies. Here's a notion: Brighten up buttons—these are wood, fabric, and mother-of-pearl (for the last, make the dye bath more concentrated)—and use them to customize clothing or for crafts projects. This vintage linen dress was originally white but had yellowed; the pale-blue-green shade makes it feel fresh and wearable, while wooden beads, a string bag, and a button-front shirt also get new hues for summer.

Disposable bowls, *by Wasara, shop.cooperhewitt.org.* **Streamline hook,** *in Bronze, anthropologie.com.* **Wooden buttons,** *woodbuttons.com.*

>> For crafts projects using buttons, go to *marthastewart.com/button-crafts*.



SOFT STYLING BY ELIZABETH OSBORNE AT HALLEY RESOURCES

MAKE (OVER) YOUR BED

Your bedding can be any color you dream up. Together, this happy yellow and sophisticated green make a beautiful ensemble. The two blankets and pillowcases are vintage finds, unified with the same sunny-yellow shade. Large items can be tricky to dye but just require a little extra room and patience. The green linen duvet cover and pillowcases were dyed in a big plastic bin, all together in one dye bath—the only way to ensure they'd be the same color. The yellow blankets and pillowcases were dyed separately, because wool requires cooler water than cotton and linen.

White sheet, *Whim by Martha Stewart Collection, macys.com.* **Hudson C-Table/Nightstand,** *room andboard.com.* **Envoy Swing plug-in sconce,** *schoolhouseelectric.com.* **Sugahara bedside carafe,** *in Indigo, globaltable.com.* **Cecil wallpaper,** *from China Seas collection, in Brown on Almost White, quadrillefabrics.com.*

FIT TO BE DYED

Natural fibers—such as cotton, linen, silk, and wool—take dye much better than synthetics do. Dyeing is as much an art as a science, so don't hesitate to experiment. For example, we like combining liquid dyes to come up with our own colors. Modify this technique for items other than fabric, immersing them in the dye and taking note of how each item takes the color.



FABRIC-DYEING HOW-TO

You don't have to start with white fabric—if you want to reinvent a colored item, try a color remover (similar to bleach, but nondamaging) before dyeing it. This will whiten or lighten the fabric so it can take on the new color.

1. Wash your **fabric item** if it is new. Cover work surface with a **dropcloth.** Fill a **bucket, bin,** or **stainless steel sink** (large enough to hold the fabric loosely) about halfway with very hot tap water or boiling water. (For wool, water should be warm, not hot.) Wearing **rubber gloves,** add **liquid dye,** mixing colors as desired (see Mixing Colors, *right*). Add **salt** if dyeing cotton or linen, or **white vinegar** for wool or silk; amount will depend on size of dye bath. We used ¼ cup of either salt or vinegar for a bath of about 1 gallon, ½ cup for 2 gallons, and 1 cup for 3 or more gallons. (These additions help the fabric take the dye.)

2. Thoroughly wet fabric (you can run large pieces through the washing machine's rinse cycle to wet them evenly) and immerse in dye bath. With a **stainless steel spoon** (or a wooden spoon reserved only for dyeing), move fabric around in water to avoid uneven dyeing. Keep item in dye 5 to 15 minutes, stirring the whole time. Allow fabric to get a little darker than you want it, as it will fade slightly with rinsing and drying.

3. Carefully remove fabric from dye and rinse in running water, starting with warm water and then making it cooler, until it runs clear. (You can also rinse the fabric in the washing machine's rinse cycle.) Wash out bucket, bin, or sink immediately.

4. Wash item with **mild detergent** on the cold cycle, then dry.

Rit color remover and liquid dyes, *michaels.com.*

MIXING COLORS

Below are formulas for the colors shown, *left,* each using 1 quart of water and the specified amounts of Rit liquid dyes.

A, G. 1 teaspoon Fuchsia

B. 1 tablespoon Golden Yellow + 1 teaspoon Tan + ½ teaspoon Kelly Green

C. 1 tablespoon Scarlet + 2 teaspoons Petal Pink + ½ teaspoon Taupe

D. 2 teaspoons Petal Pink + ½ teaspoon Cocoa

E. 6 teaspoons Dark Green + 2 teaspoons Teal

F. 3 teaspoons Teal + 2 teaspoons Taupe

To scale up the dye-bath size, use more water, but don't increase dye amounts in the same proportions. For instance, the dark-green bedding on page 89 uses formula *E;* we made a bath with about 30 gallons of water, 12 tablespoons of Dark Green dye, and 4 tablespoons of Teal dye. Generally, start with less dye, test on a paper towel, and add more as needed.

SUBTLE SHIFTS

To tone down a dye bath so the color is muted and richer, try adding a few drops of Pearl Grey or Taupe dye.



TIPS & TRICKS

Custom Colors
When coming up with your own shades, get the look you want without wasting dye by making a small dye bath first: Add the dyes to hot water in a large glass measuring cup, noting how much color you're adding. Test the color with a paper towel. When you have the hue you want, make the bath in a larger amount. (See Mixing Colors, *left,* for tips on increasing the size of the dye bath.)

Surprise Results
You never know exactly how a material will take a color. A white napkin and an off-white napkin may not come out looking the same. Trim and stitching can take color differently than the base fabric does. And while dyeing is a great way to revive old, faded fabrics, it won't remove or even necessarily cover stains.

For Large Items
When dyeing bedding and tablecloths, we used a large plastic bin set in a bathtub (to catch any drips) and brought in pots of water heated on the stove. It's especially important to keep the fabric moving while it sits in the dye bath; use a long spoon to carefully stir, lift, and redistribute it constantly. When the items reached the desired color, we lifted them out and placed them in another empty bin to take them to the washing machine, where we rinsed them on the rinse cycle.

Washing Dyed Fabrics
The first several times you wash dyed items, wash them alone to prevent bleeding—or add an old white washcloth or sock to see if the dye runs. Over time and with repeat washings, the color of the dye may fade—but remember, you can always dye them again.



PHOTO FINISH

Get your pictures off your phone (finally!) and onto your wall in a vivid scrapbook-style display. Upload images to a photo-service site (such as Shutterfly), convert them to black-and-white, and have them printed out. (Or print at home.) To dye the photos, hold them by the corners and dip them into a dye bath repeatedly until they've reached the desired shade. Let each photo dry propped up on a paper towel, so the moisture runs off instead of pooling. Hang your favorites on a pinboard or wall using map tacks.

Lark desk, *serenaandlily.com.* **Nihau chair,** *in Blue, kartell.com/wx.*

Created by Jenn McManus, Ayesha Patel, and Silke Stoddard

Text by Amy Conway

THE MAKEOVER MASTER

Christophe Pourny is an expert at breathing new life into old furniture. Here, he presents three time-tested methods—tung-oil quench, light ebonizing, and *ciré rempli*—for revitalizing some of our favorite vintage wooden pieces.

As a child growing up in Fayence, a village near Cannes in the south of France, Christophe Pourny didn't play with the latest talking bears or the shiniest toy cars. "My parents' antiques store was in our house, so as kids, my sisters and I were essentially always playing with old stuff," he recalls. "They had such magical things for kids—old military uniforms, real clogs, antique toys, bonnets and camisoles for my sisters. There was nothing, no room, that was off-limits." That he is now a renowned furniture restorer, known for discovering heirlooms in the rough and transforming them into new treasures, comes as a surprise to no one—except maybe himself. "I was the only one in my family who said, 'I will never ever enter this field.' And yet I'm the only one of my siblings to go into the business," he notes. Today, the French expat, along with his partner, Jason Jobson, works out of a spacious studio in Sunset Park, Brooklyn. They employ five restorers, each with skills that complement Pourny's own. "There are so many techniques. One person can't possibly know how to do them all," he says. That's one of the reasons he chose to write *The Furniture Bible* (Artisan, 2014), parts of which are excerpted on the following pages. It's a comprehensive but accessible guide to restoration that lays out everything you need to know about making over wooden furniture. In the foreword for the book, Martha, a frequent client, writes that Pourny gives us "a compelling reason to look at our own furniture in a new way." That is, to look at it through the lens of the Old World: When repairing was always far preferable to discarding—and age was something to celebrate.

photographs by
Ryan Liebe



Restoring Beauty

"A good restorer is someone who is conservative in technique and natural in product," Pourny says, explaining his old-world methods. "It's not fair to 'freeze' a piece with spray lacquers or epoxy glue." Instead, he relies on natural, reversible products like tung oil, linseed oil, and beeswax.

GROOMING BY DAISY SCHWARTZBERG



The Piece

MSL **decorating director Kevin Sharkey's chinoiserie plant stand is a prime example of Chinese export furniture, typically crafted of rosewood or a similar hardwood species. You often see such pieces in a very dry, very gray state, with intricate, dirt-caked carving.**

The Fix

The goal wasn't to reinvent this plant stand so much as clean and nurture the timeworn wood. The piece shouldn't look crisp and new; a patina and a little dirt lend authenticity to the finish.

Chippendale side chair, *rosetarlow.com.* **Oushak wool rug,** *in Ivory and Blue, safavieh.com.*

refresh

Just because a piece looks its age doesn't mean it requires a face-lift. All it may need, in fact, is a simple beauty treatment. Here, tung oil is used to moisturize and rejuvenate the antique stand.



The Technique
Tung-oil quench

The Process
The quench technique works perfectly with tung oil, which was made specifically for this genre of furniture. Hardwood takes oil so beautifully; the inherent color, depth, and richness shine through almost immediately.

The Materials
- Glass bowl
- Tung oil
- Pure gum turpentine
- One-quart container
- Hot water
- Superfine steel wool (0000) and/or an old toothbrush
- 100 percent–cotton rags
- Pigmented wax (optional)

TIP

Old refectory tables, oak paneling, and even floors can be refreshed this way. Just be sure there's not a modern varnish that would prevent the piece from absorbing the oil.



1

Prepare the tung-oil solution. In the glass bowl, add two parts tung oil to one part turpentine. The turpentine dissolves and cleans dirt, while the oil acts as a rubbing agent to prevent scratching, and both nourish and finish the wood.

2

Fill the container halfway with hot water. The water should be hot but not boiling.

3

Add the oil-turpentine solution. Pour the mixture into the container. Since oil and water don't mix, the product stays on top. The hot water below warms the solution, making it work more effectively. (The point being, of course, that you should never, ever heat oils and solvents directly!)



4

Scrub the piece thoroughly. Dip the steel wool or toothbrush into the solution and begin scrubbing, trying to get into every nook and cranny. As you clean, the oil treats and finishes the wood.

5

Proceed section by section. Rub each section dry with a clean rag as you go.

6

Repeat the entire process until your drying rag comes away clean. Depending on its condition, your piece may require one or two more passes. (Don't worry—the process goes quickly; a huge piece like this takes only an hour or so from start to finish.) Let it dry overnight.



7

Apply tung oil. With a brush, apply a coat, let it sink in for five minutes, then wipe away the excess oil. Let it dry and repeat once if you wish to enhance the shine. Wait overnight for the oil to penetrate.



8 (optional)

Treat your piece to a coat of wax. It will accentuate the depth of color, the level of protection, and the degree of shine. For darker woods, use walnut-colored wax; for lighter woods, use amber-colored instead.

Why Oil?

An oil finish has a natural look that you don't get with a modern varnish coating. It comes across as part of the wood. The glow is more satin and the buildup not very thick. Tung oil is particularly great because it's inherently water-resistant and dries more quickly than other oils.

FROM THE BOOK *THE FURNITURE BIBLE*, BY CHRISTOPHE POURNY AND JEN RENZI; COPYRIGHT © 2014. PHOTOGRAPHS (THIS PAGE) BY JAMES WADE. REPRINTED BY ARRANGEMENT WITH ARTISAN BOOKS. ALL RIGHTS RESERVED.



The Piece

This midcentury-modern nightstand, bought at a consignment shop by *MSL* executive video producer Lisa Wagner, was a disaster—broken parts, missing veneer, unsightly cracks. It also provided the perfect opportunity for a dark stain.

The Fix

Such a problematic piece leaves you little choice but to go dark. Pourny didn't want to color it black, though, and so instead opted for an espresso hue.

Serail table lamp, *atelier detroupe.com.* **Shag rug,** *by Martha Stewart for Safavieh, in Champagne, wayfair.com.* **Dot sheet set,** *in Gray, schoolhouseelectric.com.* **Hailey Indigo pillow,** *lesindiennes.com.* **Cotton-sateen sheet set,** *300 thread count, in Sky and White; and* **basket-stitch quilt and sham,** *in Tan, by Martha Stewart Collection, macys.com.* **Tweed box,** *smockpaper.com.*

revive

Almost any piece of wooden furniture can be inexpensively rehabbed—even one in an advanced stage of disrepair. The secret is to use a dark stain, which hides imperfections perfectly.



The Technique
Light ebonizing

The Process
Although ebonizing is frequently used to create a black-like hue, a lighter-handed version of the technique is just as lovely and easier to accomplish.

The Prep
After removing the hardware, Pourny stripped and sanded the piece (see sidebar, *right*). Then he fixed the veneer and patched it with wood filler.

The Materials
- Latex or nitrile gloves
- 100 percent–cotton rags
- Inexpensive natural-bristle brushes
- Alcohol-based stain
- One-pint containers (to hold stain and oil)
- Linseed or tung oil
- Superfine steel wool (0000)
- Black or dark-colored wax

TIP

You generally use black pigment when ebonizing. But to get this oh-so-slightly lighter hue, mix equal parts black and Vandyke Brown (a very dark brown that gets its name from old-master painter Anthony van Dyck).



1

Start with dark stain. Wearing protective gloves and using a rag or a brush, apply a single coat of dark alcohol-based stain to every exterior surface. (Oil-based stain would be fine here, too; just avoid water-based stain.) Use just enough to make the surface look uniform—you don't want to obscure too much of the wood.



2

Seal with a coat of oil. Depending on how much protection you want, you can reapply the oil a few times, waiting overnight to let it dry between coats. The oil darkens the wood a touch and imbues it with an aqueous sheen.



3

Scuff-sand. Using the steel wool, lightly sand the piece to even the finish.



4

Wax and shine. Finish with a light coat of dark wax. Not too much: just enough to lend uniformity and create a satin shine without obscuring the grain. Wait an hour, then buff to a shine. Or wait overnight, reapply a light coat, wait an hour, and then buff to a richer satin shine.

5

Reattach the hardware.

On Stripping:
Creating an even base requires fully removing whatever product is already coating the wood. With the right tools and protection, the job will be fast and clean.

Here's what you'll need:
- A gel stripper (unlike liquid versions, the product stays put and doesn't run off).
- A plastic scraper or an old credit card (avoid metal tools, which can scratch fragile, wet wood).
- A container for catching the gunk you scrape off (plastic takeout containers are great for this purpose).
- Two pairs of gloves, one latex and a heavier, chemical-resistant pair on top (that way, you can remove the heavy pair for detail work and still have protection).

On Sanding:
This creates a clean, level canvas in anticipation of a new treatment. Sandpapers come numbered according to their degree of roughness: The lower the grit number, the coarser the abrasive and the more wood it removes. A few tips: Always sand by hand; for large, flat surfaces like tabletops, wrap the sandpaper around a wood block or flexible sponge to ensure consistent abrasion; and use long, continuous strokes (don't scrub).

Why Stain?

A good paint job requires just as much prep work—sanding, patching, filling, etc.—as a nice finish does. In contrast, not only will staining wood draw out its natural beauty, but the process is often more forgiving and will better disguise any damage.

PHOTOGRAPHS (THIS PAGE) BY JAMES WADE. REPRINTED BY ARRANGEMENT WITH ARTISAN BOOKS.



The Piece

Pourny liked this nice old dresser for its clean lines and great detailing. But he thought it had an unappealing finish—and pine isn't the most noble of woods. It was the ideal piece to upgrade.

The Fix

The plan was to capture the rich, dark patina of 17th-century furniture—a reddish-brown oxblood hue. This unpretentious yet lovely finish works well for rustic pieces, because it fills up the grain but still preserves a sense of texture.

Curved high-back chairs, *chelseatextiles.com.* **Medium Hann lamp,** *in Clear, christopherspitzmiller.com.* **Fontaine mirror,** *ballarddesigns.com.* **Nimes Ticking woven-cotton rug,** *dashandalbert.com.* **Jessup wallpaper,** *by Oscar de la Renta Collection II, in Sepia/Indigo, leejofa.com.*

reinvent

Don't write off a piece as too rustic just because of its finish or wood type. Changing the color and texture can transform its entire look. And when you swap in new hardware as well, the reinvention is nothing short of dramatic.



The Technique
Ciré rempli **(French for "filled wax")**

The Process
After the piece is stained, wax is applied, followed by a dusting of pumice; the resulting slurry is rubbed deep into the wood pores, then buffed to a shine.

The Prep
First, the hardware was removed. Then the piece was lightly stripped and sanded, first using grit-150 paper, then grit-180, and finally grit-220.

The Materials
- **Alcohol-based stain**
- **100 percent–cotton rags**
- **Colored wax**
- **Coarse natural-bristle brush**
- **4F powdered pumice stone**
- **Powdered pigment (optional)**
- **Denatured wood alcohol**
- **Linen-wrapped French polish pad**
- **Wool or felt rags**

TIP

If you have problems achieving a shine or have rubbed through the wax coating, just reapply wax on the trouble spot or section. Wait one hour, brush it, and start from step 4 again.



1

Darken the pine with alcohol-based stain on a cotton rag. Skip this step if you're working with walnut or a similar deep-toned wood. (In that case, sand a little farther down than usual so the grain is very close, almost polished.) Achieving this cordovan tone required two coats, since pine is pretty light and absorbs a lot of stain. Wait a few hours before proceeding to the next step.

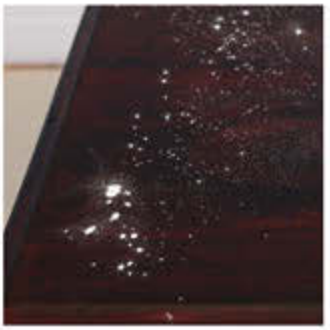


2

Apply a thick coat of colored wax with another cotton rag. Then let it sink in overnight.

3

Apply a second coat of wax. Wait an hour for it to dry. With the natural-bristle brush (a shoeshine brush is great), go over the finish as if you want to shine it.



4

Apply pumice stone. When you have a subtle shine, sprinkle the surface with a cloud of powdered pumice stone, spiked with a bit of powdered pigment (the kind used for staining, to be diluted in oil) if you want enhanced coloration. Massage it in lightly with your hand—but don't press, which would rub off some of the wax.

5

Charge your pad. Pour a light amount of wood alcohol onto the outside of the linen-wrapped French polish pad. Tap it gently on the back of your hand to evenly distribute the alcohol. Your pad should be damp, not dripping wet.

6

Fill the grain. Force the wax-pumice mix into the wood grain with the alcohol-charged pad, rubbing in a circular motion; when you start feeling like you have to force the pad, every 10 minutes or so, recharge it with alcohol. This step "closes" the grain and creates a polishlike effect. Right away, you'll notice an integral shine—more of a sheen, really—that emanates from inside the wood grain.



7

Give it a final buff. Wait overnight so the wax dries thoroughly, especially when executing this finish. Buff lightly with a soft wool or felt rag, and voilà: a magnificent shine!

8

Replace the knobs. The piece probably had handles originally, since there were two holes, one of which was patched. The simple brass drops give the rustic piece another layer of sophistication—introducing metal to complement the look.

Why Wax? While oil is great for imparting a satin shine to hardwoods and midcentury-modern furniture, wax is ideal for lending a warm patina to more rustic pieces.

PHOTOGRAPHS (THIS PAGE) BY JAMES WADE. REPRINTED BY ARRANGEMENT WITH ARTISAN BOOKS.

Puracyn plus

Welcome to the next generation of wound care.



Puracyn® Plus Wound & Skin Cleanser utilizes an advanced hypochlorous technology — the safe and effective way to clean, irrigate, and debride wounds, setting the stage for optimal healing conditions.

Available at your local

Walgreens RITE AID PHARMACY

With us, it's personal.

www.puracynplus.com

Non-toxic + Steroid-free + Sting-free + Won't stick to bandages!

MANUFACTURER'S COUPON | EXPIRES: 06/30/15



Wound & Skin Cleanser

$4 OFF*

+ Cuts & Skin Irritations
+ Abrasions, Burns & Rashes
+ Insect Bites

Available at your local Walgreens RITE AID

081858201-030021

*Not valid with any other coupon or offer.
Offer begins 5/1/2015. Expires 6/30/2015.

MANUFACTURER'S COUPON | EXPIRES: 06/30/15



Foot Wash & Skin Cleanser

$4 OFF*

+ Foot Sores & Irritations
+ Rashes & Blisters
+ Moistening Bandages

Available at your local Walgreens RITE AID

081858201-030020

*Not valid with any other coupon or offer.
Offer begins 5/1/2015. Expires 6/30/2015.

HOW-TO HANDBOOK

Learn, Make, Connect

ASK MARTHA

WHAT PLANTS LOOK BEST AT NIGHT?

—Aneliese Castro, La Cañada, Calif.

A moon garden glows in twilight while other plants in the landscape recede into darkness. To grow one, start by clustering a group of pots on a porch, or plant a bed with a mix of white flowers and plants with silver foliage, including the varieties shown below. White petals and fuzzy, silver leaves will reflect the waning light and extend the hours during which you can enjoy the splendors of your garden.

PHOTOGRAPH BY YASU + JUNKO



PURINA®

Beyond®

NATURAL PET FOOD

IT'S NOT JUST GRAIN FREE, IT'S THOUGHT FULL.

From the ingredient source
to the final recipe, does your
grain free food go beyond?
Learn more at
BeyondPetFood.com/WholeStory



NATURAL PET FOOD
+ESSENTIAL NUTRIENTS

Purina trademarks are owned by Société des Produits Nestlé S.A.

Q: My biscuits usually come out of the oven flat and dense. How do I make them light and flaky?
–Ashley Williams, New York City



BRYAN GARDNER

A: The secret to light and flaky biscuits lies in how you mix and handle the dough. Follow these tips for a foolproof batch.

Always start with well-chilled butter when mixing, and work quickly to keep it from melting. If the butter starts to soften while you are cutting it into the dry ingredients, chill the mixture in the freezer for about 10 minutes before proceeding.

Don't overmix the ingredients—or overwork the dough. Both mistakes can result in tough biscuits. In fact, the butter should remain in small pieces (rather than be mixed to the point of creaminess).

Bake the biscuits in a hot oven—400° or higher. This ensures that the bits of butter melt quickly, creating the steam that lifts the dough and adds height to the flaky layers.

For the full recipe, go to *marthastewart.com/flaky-biscuits*.

PURINA Beyond NATURAL PET FOOD
TRY OUR GRAIN FREE
REAL MEAT, POULTRY OR FISH IS THE #1 INGREDIENT IN DRY AND PATÉ
NO CORN, WHEAT OR SOY
NO POULTRY BY-PRODUCT MEAL
NO ADDED ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES
Get your trial offer at
TryBeyondToday.com
while supplies last.
Purina trademarks are owned by Société des Produits Nestlé S.A.









PARTNERS' PICKS

Our Partners' Picks for May have arrived just in time for the beginning of summer! Reimagine your bathroom storage, refresh your décor with wall decals, and treat your pet to a comfy new bed.



1. Ox Hill Cabinets (as bath vanity) by Martha Stewart Living™, available exclusively at The Home Depot; in Heavy Cream PureStyle, pricing varies based on customization, homedepot.com. ***2. Organic Seeds*** bby Martha Stewart Living™, available exclusively at The Home Depot; Cilantro-Coriander, Dill Bouquet, $1.99 each, in stores only. ***3. Pillow Bed*** by Martha Stewart Pets®, available exclusively at PetSmart, $29.99, petsmart.com/marthastewart. ***4. Athens Monogram Decal*** by Martha Stewart Wall Art Decals™, $69.99, available exclusively at fathead.com/marthastewart. ***5. Women's Hair, Skin & Nails Vitamin Supplements*** by Martha Stewart™ Essentials, available at Walgreens; 60 count, $16.99, walgreens.com.

Martha Stewart Collection™, available exclusively at Macy's 800-289-6229 macys.com/martha | Martha Stewart Pets®, available exclusively at PetSmart 888-839-9638 petsmart.com/marthastewart | Martha Stewart Living™, available exclusively at the Home Depot 800-466-3337 homedepot.com/marthastewart | Martha Stewart Crafts™, Paint 800-842-4197 plaidonline.com/marthastewartcrafts | Martha Stewart Crafts™, Paper Crafts 800-794-5866 eksuccessbrands.com/marthastewartcrafts | Martha Stewart Crafts™, Lion Brand® Yarn 800-661-7551 marthastewart.lionbrand.com | Martha Stewart Wall Art Decals™ fathead.com/marthastewart | Martha Stewart Home Office™ with Avery™, available exclusively at Staples 800-333-3330 staples.com/marthastewart | MarthaHome™, available exclusively at JCPenney 800-322-1189 jcpenney.com/MarthaHome | Martha Stewart Rugs™, Safavieh 866-422-9070 safavieh.com/designers/martha-stewart

COURTESY OF THE MANUFACTURERS AND BRYAN GARDNER



BRYAN GARDNER

Q: What's the best way to store guacamole?

—Isabelle Miner, Bethel, Conn.

A: Guacamole won't keep for more than a day, but you can maintain its freshness and pretty color by storing it in an airtight container with plastic wrap pressed directly on its surface (not just over the container). By limiting its exposure to air, you're preventing oxidation, which is what causes the dip to turn brown.

Q: What is the difference between chlorine and nonchlorine bleach?

—Ronnie Kreh, Sedalia, Mo.

A: Chlorine bleach, or liquid household bleach, contains sodium hypochlorite, which is highly toxic. It is most commonly used to whiten fabrics, remove mildew and mold, and disinfect. Chlorine bleach should always be diluted before use, applied with caution, and kept separate from ammonia or vinegar (the combinations create toxic fumes). Nonchlorine bleach—a gentler, more environmentally friendly option than its chlorine cousin—is oxygen-based and used mainly for laundry care. Most nonchlorine bleaches use hydrogen peroxide to lift stains and maintain both white and colored fabrics.

WE WANT TO HEAR FROM YOU! Send your questions to Ask Martha, c/o Letters Department, *Martha Stewart Living*, 601 West 26th Street, New York, NY 10001, or to *askmartha@marthastewart.com*. Please include your full name, address, and daytime phone number. Letters and messages become the property of Martha Stewart Living Omnimedia Inc. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

FINALLY, A LIGHTWEIGHT LITTER THAT DOESN'T ACT LIGHTWEIGHT.



NEW ARM & HAMMER™ CLUMP & SEAL™ LIGHTWEIGHT

- **7-DAY** ODOR CONTROL
- **50%** LIGHTER*
- **100%** DUST FREE

Find us on

*Than our regular litter

ClumpandSeal.com

ADVERTISEMENT



Is the fountain of youth within you?

Many experts think so,
and here's the secret to bringing it out.

The secret to a more youthful you.

Scientists have known for years that human growth hormone (hGH) does wonderful things for the body. Manufactured in the pituitary gland, it travels throughout the body via the bloodstream, producing a number of amazing health and anti-aging benefits.

This is why many researchers call hGH the "fountain of youth" hormone and believe that it could be one of the best strategies for combating aging.

The best way to stay young?

The level of hGH produced by your body declines rapidly after age 20, slowing to a mere trickle by your late 40s. When hGH levels dry up, so do all its youthful benefits. The rich and famous (including pro athletes, actors, and models) try to get those anti-aging benefits back by injecting synthetic hGH into their bodies.

This requires expensive (up to $1,500 per month) and painful regular injections. Worse, many researchers fear that introducing synthetic hGH into the body shuts down the pituitary gland's natural production of the hormone.

Now you can boost your hGH naturally.

In September 2012, a group of scientists made headlines with the announcement of an oral compound called SeroVital® that was clinically shown to increase mean hGH levels by an amazing 682%. (The randomized, double-blind clinical trial was conducted at a prestigious biomedical research center in the United States.)

SeroVital's patented* blend of amino acids naturally boosts the output of your pituitary gland, helping restore hGH to more youthful levels.

Best of all, SeroVital boosts your hGH levels at a fraction of the cost of synthetic hGH injections or dangerous drugs.

Although the established medical community may see these research results as preliminary, there's no denying that something that has the potential to make you look and feel years younger is incredibly compelling.

So what's the catch?

There are three. First, as with hGH injections, SeroVital is not a "magic bullet," but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

Second, for proper absorption, you have to take SeroVital on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal... before you go to bed.

And last but not least, while SeroVital is far less expensive than prescription hGH injections, it's still not cheap... SeroVital will cost you about $100 a month.

These statements have not been evaluated by the Food and Drug Administration. SeroVital is not intended to diagnose, treat, cure, or prevent any disease. ††SeroVital has been shown in a double-blind, placebo-controlled clinical trial to increase mean, serum (blood) growth hormone levels by 682%. All other benefits/effects noted in these testimonials/reviews are the individuals' personal opinion and have not been studied in relation to the SeroVital compound.

ADVERTISEMENT



"I have been searching for this from the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections…."

– Dr. Oz

CLINICALLY TESTED · 10 U.S. PATENTS GRANTED · CLINICALLY TESTED

*SeroVital is so advanced it has been granted 10 United States Patents.**

hGH has been associated with:

- *Decreased body fat*
- *Reduced wrinkles and healthier skin*
- *Increased lean muscle mass*
- *Stronger bones*
- *Increased overall energy*
- *Improved sleep*
- *Heightened sex drive*
- *Enhanced mood*

After one month:
"I've been taking SeroVital for three weeks now. I'm noticing a brighter looking complexion, better mood, and more restful sleep" ††

After four months:
"My hair looks better, and my arms and legs look more toned. I definitely recommend SeroVital to anyone." ††

Try SeroVital today!

Available at Ulta, Kohl's, select GNC locations, and other fine retailers.You can get the facts and order it directly at **1-800-814-6089** or visit **serovital.com**. Use the promo code **YOUTH13** at checkout and get free shipping.†

AVAILABLE AT:

ULTA BEAUTY · KOHL'S · GNC LIVE WELL SELECT LOCATIONS



Your individual results will vary. All trademarks are the property of their respective owners.
*SeroVital is protected by U.S. Patent Numbers 8,551,542; 8,715,752; 8,722,114; 8,734,864; 8,747,921; 8,747,922; 8,765,195; 8,815,311; 8,808,764; 8,808,763.

†Free standard shipping in the continental U.S.A. only.
©2015 All Rights Reserved. BR15504-1



TO DO OR NOT TO DO

It's the scrap of paper you love to hate: that nagging tally of what you haven't done yet. Here's how to get control of your to-do list and make it work for you—rather than the other way around.

ILLUSTRATION BY SHOUT

IN THE MIDST OF planning her wedding and slogging through a big project at work, Erin Rooney Doland took drastic action: She put her to-do list in a time-out. Even though Doland, as editor in chief of Unclutterer.com, is in the business of being organized, she herself had fallen prey to a common affliction among the ambitious and driven—call it "to-do-list-itis." The list had taken over. "I had to physically shut it away in a drawer, to punish it for being so long and making me feel out of control," she recalls.

But as much as we may resent these scribbled tallies, recent research shows that they're actually good for the brain. Psychologists already knew that unfinished tasks can distract us and cause anxiety. The study, published in *The Journal of Personality and Social Psychology*, shows that making plans about how to handle those tasks helps reduce that anxiety and clear the mind. "When people formed plans for their goals and wrote them down, the tendency for the goals to linger in their minds and distract them disappeared," says E. J. Masicampo, one of the study's coauthors.

A to-do list is a great way to start making such plans. But no matter how organized, clever, and user-friendly your to-do list is, its ultimate success depends on its creator—you. If you can't sit back and enjoy reading a book without feeling judged by your list, consider something else psychologists have learned: Busyness and multitasking are mentally draining, while leisure activities like taking a walk and knitting stimulate the brain in important ways. "The biggest mistake we make when we get overwhelmed is to buckle down and try to get it all done, eliminating downtime," says Josh Davis, author of the recently published work-productivity book *Two Awesome Hours* (HarperOne). Need permission to relax? Put it on the list.

Getting Started

Experts agree that a good first step to building a better to-do list is to take 10 minutes to make a loose, long master list. "The stuff that starts going through your head when you lie down at night—*call this person, send that email, what's going on with the dishwasher?*—get it all out," says Carson Tate, author of *Work Simply* (Portfolio). If the very idea of putting everything down in black and white feels overwhelming, remember that a primary goal of the list is simply to get tasks off your mind.

To turn that rough list into something useful (and less intimidating), break it down into more manageable sub-lists. These might be set up by category (home/work/personal), type of action (emails/errands/shopping), or time frame (today/tomorrow/weekend/future). The key is consistency and organization, so figure out what feels right to »



ADDICTION IS HOPELESS WITHOUT YOU

Share your story of recovery or message of hope with someone who needs to hear it. **Visit drugfree.org and join the "Stories of Hope" community.**

Partnership™ for Drug-Free Kids

Where families find answers

©The Partnership for a Drug-Free America, Inc.

Irresistible taste starts with the first ingredient.

SHEBA® is meat-first and filler-free.*
Why feed your cat anything else?



*SHEBA® Entrees start with real meat like beef, poultry or seafood.
®/™ Trademarks © Mars, Incorporated 2014.

you—that will make your list easier to stick with.

Choose Your Tools

Similarly, you need a system that works for you. The daily sticky note may have once been fine, but as our professional and personal lives get more complicated, our organizing systems need to evolve too. Terry Monaghan, a corporate time-management consultant in Alexandria, Virginia, sees even high-powered CEOs clinging to archaic systems. "One client walked into her first meeting with me with a 15-page single-spaced list of everything she wanted to accomplish in life," she says. "No wonder it was making her crazy."

There's no one-size-fits-all method. A visual person might do well with giant whiteboards—one at home, one at work—listing tasks in different colors, while a more analytical, detail-oriented person may be drawn to an hour-by-hour calendar. If you live on your smartphone, try an app like Todoist or Evernote, which will allow you to share tasks with other users (so you can send "pick up milk" to your partner); or Carrot, which has a gamelike points system that may appeal to your competitive side.

Prioritize—With Perspective

Resist the urge to tackle easy items first just to get the jolt of checking them off. Instead, be strategic, says Davis. "Select the items that will need your best mental energy and address them at times when you can really be energetic and alert. Save the easy items for some relatively sluggish part of the day."

Regularly check in with your list, and don't be afraid to reshuffle it. (You're the boss!) As you do each check-in, you'll inevitably see items you're carrying forward from list to list, sometimes for weeks or months. Try scheduling tasks—perhaps some that have been hanging around too long, or that seem particularly challenging—in your calendar, suggests Doland (who, by the way, did make up with her to-do list after a few hours of pouting).

Some items linger on the list not because they're difficult or off-putting but because they're just not that important. "Much of what's on your to-do list is not going to make a major difference in your life," says Monaghan. Figure out what's truly valuable. If you have trouble letting go of the idea of, say, organizing your medicine cabinet, but you also can't seem to ever get around to it, she advises creating a "maybe someday" list. It can sit there happily while you get more meaningful things done. —*Miranda Silva*

A LIST YOU CAN LOVE

Here are some sample to-dos, along with ways to improve them.

Make Vet Appointment
↓
Include details like phone numbers or addresses to make tasks like this easier to accomplish—and harder to put off.

Organize Spice Rack
↓
Do you *reeeeally* need to do this, or are you "should-ing" yourself?

Pick Up Dry Cleaning
↓
Can you delegate this to someone else? Can the cleaning be delivered?

Attic!!!
↓
Break big tasks like this into the first two or three steps: *organize holiday decorations, donate old clothes,* etc.

Finish Expense Report
↓
Keep tasks separate by category—e.g., work, household—or due date.

Paint Bathroom
↓
Are you going to do this immediately? If not, put it on a "future" or "maybe someday" list so it doesn't taunt you.

Pay Credit Card
↓
Autopay! Automate whatever you can in your life to boot it off your list.



Two fresh meals. One fresh idea.



Introducing SHEBA® PERFECT PORTIONS®

Two perfect servings of meat-first SHEBA® for a fresh meal every time.* And no leftovers.

SHEBA® Pure Cat Appeal.™ sheba.com

®/™ Trademarks © Mars, Incorporated 2014. US Patents Pending. *SHEBA® Entrees start with real meat like beef, poultry or seafood.

CREATURE COMFORTS

Living with furry friends doesn't mean you have to skimp on style. Here's how to keep your cool when pets share your space.

PHOTOGRAPH BY JULIAN WASS



Neutral textiles are a good match for this light-toned pup.

IT'S AN AGE-OLD pet owners' dilemma: How do you follow your design dreams without letting your house go to the dogs (so to speak)? "You don't have to abandon your sense of style; just tweak it," says designer Julia Szabo, author of *Pretty Pet-Friendly: Easy Ways to Keep Spot's Digs Stylish & Spotless* (Wiley). "When we make thoughtful, informed decorating decisions that are also pet-friendly, we end up with a home that's cozier and more livable."

Consider the Color Scheme

Many pet owners accept stray fur and stains as part of daily living. But simply changing the color of your sofa (or wherever your pet is allowed to perch) can help mask those things and more. Most pets have fur in a neutral shade, says Szabo, and medium tones such as khaki or gray are the best options for masking their shedding. Lighter tones and darker shades are best reserved for pets with fur in those colors. Small-scale patterns can also help camouflage fur and stains, whereas wide patterns (thick stripes or chevrons, for instance) can magnify spots, especially in a high-contrast colorway like black and white, says Szabo.

Find the Right Fabric

Szabo recommends avoiding delicate, loosely woven, or nubby fabrics like chenille and tweed, which can be chewed, clawed, and snagged. "Cats like anything with a coarse or textured surface—something they can really sink their claws into," says Nancy Peterson, cat programs manager for the Humane Society of the United States.

Materials like microsuede and tightly woven fabrics such as denim are more durable. Performance (or "engineered") fabrics are some of the toughest options on the market. Popular brands include Crypton, which comes in a variety of finishes, including faux suede and twill; and Sunbrella, an indoor-outdoor fabric available in a wide range of colors and patterns. Leather is also a rugged, easy-to-clean choice. However, "some power-chewer dogs might be tempted to chomp through it because it smells so inviting, like a giant shoe or belt," says Szabo. "It's also prone to scratches."

Choose Rugs Wisely

While bare floors are the easiest to maintain, adding interest (and comfort) underfoot can still be accomplished. Low-pile rugs are easier to maintain than high-pile ones, and less tempting for dogs that like to dig and cats that like to claw the fibers. Modular carpet tiles, such as those from Flor, are easy and inexpensive to replace (you can switch out one or two as needed). Generally speaking, "wall-to-wall broadloom carpeting is virtually impossible to clean," says Szabo, "and the padding underneath is like a giant sponge." As for area rugs, those made of polypropylene (aka indoor-outdoor rugs) are incredibly durable and a cinch to clean. They come in many stylish options, too—meaning you and your mud-trekking pets can live in blissful harmony.

—Jennifer Tzeses

Calm and Collected

It seems instinctive to place your pet's nook in the entryway, but there may be better places to keep that kind of instant clutter at bay—where your pet will be happier, too.

"Look at your home from your pet's perspective," says Szabo. Your dog or cat might well prefer to hang out in your home office (say, that square niche under your desk, just right for a dog or cat bed) or a sunny spot in the living room. You might even add personality by painting the area its own color, says Szabo. For cats, you could hang a stylish climbing tree or perch on a wall, using hardware that suits your decorating scheme.

Also, as every owner knows, pets come with lots of stuff: Corral toys and other gear in eye-catching baskets and bins (the same ones that are marketed for kids' toys), and mount decorative hooks by the door for leashes and coats.

ELIMINATES ODORS FOR 10 DAYS

Guaranteed



That's something even cats find amazing.

Valid on purchase of any Fresh Step Scoopable Litter between 7/1/2014 and 6/30/2015. Refund for purchase price up to $17.99. For complete terms and conditions, see freshstep.com/guarantee

RECIPE INDEX

STARTERS, SOUPS, SALADS, AND SIDES

Snow Peas and Pea Shoots, Sautéed **120**

Soup, Spring Pea, With Asparagus and Potatoes **116**

Trout, Smoked, and Cucumber **41**

MAIN DISHES

Bread Salad, Roasted-Chicken, With Peas **118**

Burgers, Green-Pea, With Harissa Mayo **119**

Cauliflower Steaks With Romesco Sauce **120**

Chicken, Oven-Fried **51**

Chicken, Vinegar-Glazed, With Creamed Corn **recipe card**

Egg Bake, Spinach-and-Cheese-Ravioli **recipe card**

Green-Pea Pesto Toasts With Soft-Cooked Eggs **116**

Meatloaf, Chicken-and-Broccoli **120**

Pork Tenderloin, Bacon-Wrapped, With Broiled Polenta **recipe card**

Salmon, Wild, With English Peas and Mustard Beurre Blanc **116**

Shrimp, Paprika, With Hummus and Mint **recipe card**

Tagliatelle With Mashed Peas and Pecorino **118**

Waffles, Buttermilk Oat **50**

DESSERTS

Cake, Lemon Cornmeal **46**

Cookies, Pecan, Oat, and Dark-Chocolate-Chunk **47**

Crisp, Whole-Grain Strawberry-Cherry **47**

Panna Cotta, Yogurt, With Strawberries and Granola **51**

Strawberries, Personalized Chocolate-Covered **30**

BEVERAGES

Horchata
- Chocolate **30**
- Classic **30**
- Strawberry **30**

Iced Coffees, Cold-Brewed **50**

MISCELLANEOUS

Dressing, Creamy Avocado **120**

Grapefruit, Brûléed **51**

Maple Butter, Spicy **51**

Sauce, Romesco **120**

Stock, Vegetable **29**

Sweet on Peas

PAGE 66



WILD SALMON WITH ENGLISH PEAS AND MUSTARD BEURRE BLANC

Active Time: **25 min.**
Total Time: **40 min.**
Serves: **4 to 6**

Look for flowering pea shoots at farmers' markets.

- **1 cup shelled green peas (from 1 pound in pods), or 1 cup frozen peas, thawed**
- **Coarse salt and freshly ground pepper**
- **1 side wild sockeye salmon (1¼ pounds)**
- **1 tablespoon extra-virgin olive oil**
- **1 shallot, minced**
- **¾ cup dry white wine, such as Sauvignon Blanc**
- **¼ cup champagne vinegar**
- **1 tablespoon whole-grain mustard**
- **1 stick cold unsalted butter, cut into tablespoons**
- **2 tablespoons finely sliced chives, for serving**
- **Flowering pea shoots, for serving (optional)**

1. Blanch fresh peas in a medium pot of salted boiling water until bright green and just tender, 3 to 4 minutes. Transfer to an ice-water bath and let cool completely. Drain. (If using frozen peas, skip this step.)

2. Preheat oven to 400°. Rub salmon on both sides with oil and season with salt and pepper. Transfer to a parchment-lined baking sheet, skin-side down. Roast until medium-rare, 10 to 12 minutes.

3. Meanwhile, in a small saucepan, combine shallot, wine, and vinegar. Bring to a boil, then reduce to a simmer and cook until liquid is reduced to about 2 tablespoons.

4. Reduce heat to low. Whisk in mustard to combine, then whisk in butter, 1 tablespoon at a time, adding each piece as soon as previous one melts. Season with salt and pepper. (If not serving right away, keep beurre blanc warm over a pan of simmering water; do not let sauce simmer.)

5. Arrange salmon on a platter and top with peas. Sprinkle with chives, top with pea shoots, and serve, with warm beurre blanc alongside.

SPRING PEA SOUP WITH ASPARAGUS AND POTATOES

Active Time: **30 min.**
Total Time: **45 min.**
Serves: **4 to 6**

- **2 tablespoons extra-virgin olive oil**
- **1 leek, white and pale-green parts only, thinly sliced, washed well, and drained**
- **1 stalk celery, thinly sliced**
- **1 carrot, finely chopped**
- **4 cups low-sodium chicken broth**
- **1 piece (about 2 inches) Parmesan rind**
- **4 ounces baby potatoes, scrubbed and cut into ¼-inch rounds**
- **1 cup shelled green peas (from 1 pound in pods), or 1 cup frozen peas, thawed**
- **8 ounces sugar snap peas, trimmed and cut into ½-inch pieces**
- **½ bunch asparagus, tips separated, stalks cut into ½-inch pieces**
- **Coarse salt and freshly ground pepper**
- **2 tablespoons fresh dill, for serving**

1. Heat oil in a medium pot over medium. Add leek, celery, and carrot and cook, stirring occasionally, until vegetables are tender, 6 to 8 minutes. Add broth, 2 cups water, and Parmesan rind. Bring to a boil, then reduce to a simmer. Cook, uncovered, until aromatic, about 10 minutes.

2. Add potatoes and simmer until tender, about 8 minutes. Add shelled peas, snap peas, and asparagus tips and stalks; cook, stirring occasionally, until vegetables are bright green and just tender, about 2 minutes. Remove from heat, remove Parmesan rind, and season with salt and pepper. Serve, topped with dill.

GREEN-PEA PESTO TOASTS WITH SOFT-COOKED EGGS

Active/Total Time: **25 min.**
Serves: **4**

Toss leftover pesto with pasta, spread it on sandwiches, or serve it as a dip for crudités.

- **4 large eggs**
- **2 cups shelled green peas (from 2 pounds in pods), or 2 cups frozen peas, thawed**
- **Coarse salt and freshly ground pepper**
- **1 clove garlic, coarsely chopped**
- **2 tablespoons pine nuts, lightly toasted**
- **½ cup packed fresh basil leaves, plus more for serving**
- **¼ cup finely grated Parmesan**
- **⅓ cup extra-virgin olive oil**
- **4 slices rustic bread, toasted**

1. Bring a medium pot of water to a boil. Gently lower eggs into water. Turn off heat and cover; let eggs stand until whites are just set but yolks are still runny, about 6 minutes. Transfer to an ice-water bath and let cool completely.

Saving People Money Since 1936

... that's before there were shopping carts.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

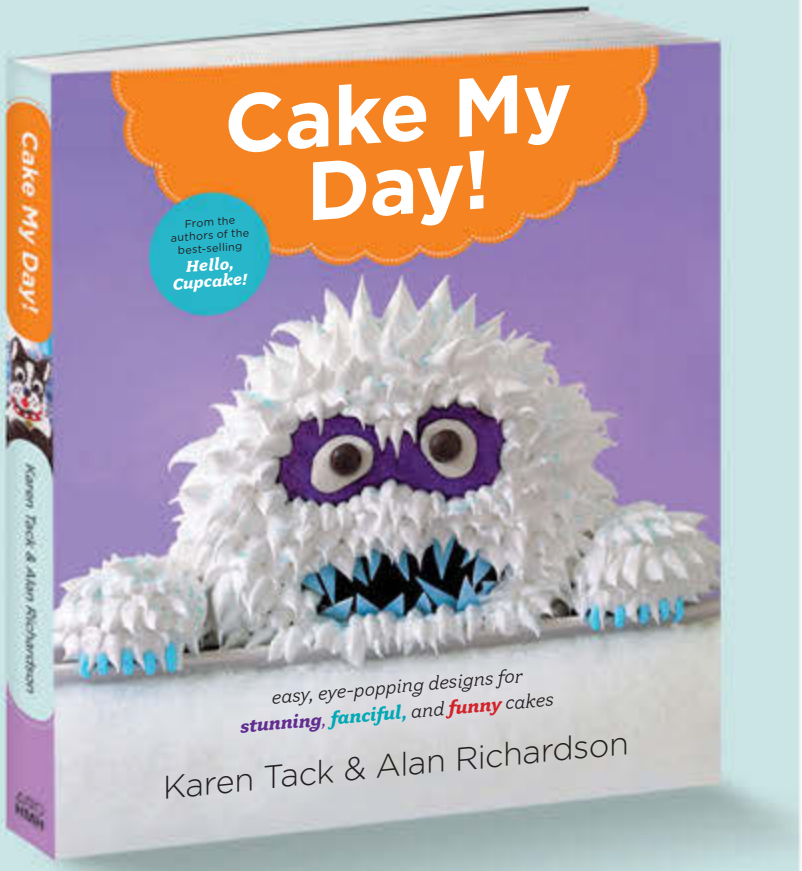
geico.com | 1-800-947-AUTO | local office

GEICO®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO

From the bestselling authors of *Hello, Cupcake!*



Now, using everyday ingredients and bakeware, you can transform a simple cake into a taxi cab, a piñata, or even a high-top sneaker—whether you're a kitchen klutz or a master decorator.



Houghton Mifflin Harcourt www.hmhco.com/cooking

2. Meanwhile, blanch fresh peas in a medium pot of salted boiling water until bright green and just tender, 3 to 4 minutes. Transfer to another ice-water bath and let cool completely. Drain. (If using frozen peas, skip this step.)

3. In a food processor, pulse peas, garlic, pine nuts, basil, and Parmesan until a paste forms. With machine running, slowly add oil, processing until combined. Season with salt and pepper.

4. Spread each piece of toast with 2 tablespoons pea pesto. Peel eggs and slice in half; divide among toasts. Season with salt and pepper, top with basil leaves, and serve.

TAGLIATELLE WITH MASHED PEAS AND PECORINO

Active Time: **20 min.**
Total Time: **30 min.**
Serves: **4**

- **3 cups shelled green peas (from 3 pounds in pods), or 3 cups frozen peas, thawed**
- **Coarse salt and freshly ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **1 large shallot, minced**
- **1 pound tagliatelle or fettuccine**
- **6 tablespoons unsalted butter**
- **½ cup finely grated Pecorino Romano**

1. Blanch fresh peas in a large pot of salted boiling water until bright green and just tender, 3 to 4 minutes. Transfer to a colander with a slotted spoon. (If using frozen peas, skip this step.)

2. Heat oil in a large skillet over medium. Add shallot and cook, stirring occasionally, until tender, about 3 minutes. Add peas and lightly mash with the back of a spoon. Season with salt and pepper.

3. Meanwhile, return pot of water to a boil and cook pasta until al dente, according to package instructions. Reserve 1 cup pasta water; drain.

4. Add pasta to skillet and cook, tossing to coat with pea mixture. Add butter and ½ cup pasta water; toss to evenly coat (adding more water if necessary). Top with cheese, season with pepper, and serve.

ROASTED-CHICKEN BREAD SALAD WITH PEAS

Active Time: **20 min.**
Total Time: **2 hr.**
Serves: **4 to 6**

- **1 whole chicken (about 3½ pounds)**
- **1 cup shelled green peas (from 1 pound in pods), or 1 cup frozen peas, thawed**
- **1 cup sugar snap peas, trimmed**
- **Coarse salt and freshly ground pepper**
- **¼ cup plus 3 tablespoons extra-virgin olive oil**
- **3 tablespoons fresh lemon juice**
- **½ loaf rustic bread, such as pugliese, cut into 1½-inch cubes (5 packed cups)**
- **1 cup pea shoots, for serving**

1. Preheat oven to 450°. Let chicken stand at room temperature 30 minutes.

2. Meanwhile, in separate batches, blanch fresh peas and snap peas (or just snap peas, if using frozen green peas) in a medium pot of salted boiling water until bright green and just tender, 3 to 4 minutes. Transfer to an ice-water bath; let cool completely.

Drain. Slice snap peas in half on the bias.

3. Pat chicken dry and transfer to a large ovenproof skillet. Rub all over with 1 tablespoon oil. Season with salt and pepper. Roast until chicken is golden and a thermometer inserted into thigh (avoiding bone) registers 160°, about 45 minutes. Transfer to a cutting board and let rest 10 minutes before carving. Loosely tent with foil to keep warm.

4. Skim fat from skillet; discard. Whisk lemon juice and ¼ cup oil into skillet, then season with salt and pepper.

5. Heat broiler. Arrange bread on a rimmed baking sheet and toss with remaining 2 tablespoons oil. Season with salt and pepper. Broil, tossing occasionally, until toasted, about 2 minutes.

6. In a large bowl, combine toasted bread with both peas. Drizzle with lemon dressing and toss to coat. Arrange bread salad on a platter and top with chicken and pea shoots; serve.

GREEN-PEA BURGERS WITH HARISSA MAYO

Active Time: **25 min.**
Total Time: **35 min.**
Serves: **4**

- **1 cup shelled green peas (from 1 pound in pods), or 1 cup frozen peas, thawed**
- **Coarse salt**
- **½ cup canned chickpeas, rinsed and drained**
- **½ small onion, finely chopped**
- **2 tablespoons fresh flat-leaf parsley, chopped**
- **1 large egg, whisked**
- **1 cup fresh breadcrumbs (from 3 to 4 slices white bread)**
- **2 tablespoons extra-virgin olive oil**
- **½ cup mayonnaise**
- **2 tablespoons harissa**
- **4 brioche rolls, split and toasted**
- **1 cup mixed baby greens**
- **½ English cucumber, cut into thin rounds**

1. Blanch fresh peas in a medium pot of salted boiling water until bright green and just tender, 3 to 4 minutes. Transfer to an ice-water bath and let cool completely. Drain. (If using frozen peas, skip this step.)

2. In a food processor, pulse peas and chickpeas until coarsely chopped. Transfer to a bowl and stir in onion, parsley, egg, and breadcrumbs. Season with salt. Form into 4 patties, each about ¾ inch thick.

3. Heat oil in a large nonstick skillet over medium. Cook burgers until golden and crisp, about 4 minutes a side.

4. Stir together mayonnaise and harissa in a small bowl until combined. Spread on brioche rolls. Dividing evenly, sandwich burgers, baby greens, and cucumber; serve.



SAUTÉED SNOW PEAS AND PEA SHOOTS

Active/Total Time: **10 min.**
Serves: **4**

- **1 tablespoon extra-virgin olive oil**
- **Pinch of red-pepper flakes**
- **1 clove garlic, smashed**
- **8 ounces snow peas, trimmed and sliced in half**
- **8 ounces pea shoots, cut into 2-inch lengths**
- **Coarse salt**
- **½ lemon**

1. Heat oil, red-pepper flakes, and garlic in a large skillet over medium-high, stirring constantly, until garlic is golden, about 1 minute. Add snow peas and cook, stirring, until bright green and still crisp, about 1 minute.

2. Add pea shoots in batches along with 1 tablespoon water. Cook, stirring, until just wilted, about 30 seconds. Season with salt, squeeze lemon over top, and serve.

Build a Better Meal

PAGE 80



CREAMY AVOCADO DRESSING

Active/Total Time: **5 min.**
Makes: **1½ cups**

- **1 ripe avocado, pitted and peeled**
- **½ cup plain Greek yogurt**
- **2 scallions, trimmed and chopped**
- **1 tablespoon fresh lime juice**
- **Coarse salt**

Combine avocado, yogurt, scallions, and lime juice with ½ cup water in a blender; purée until smooth. (Add more water, by the tablespoon, to adjust consistency as needed.) Season with salt. Dressing can be stored in refrigerator up to 3 days; stir until smooth before serving.

CAULIFLOWER STEAKS WITH ROMESCO SAUCE

Active Time: **5 min.**
Total Time: **40 min.**
Serves: **4**

- **1 large head cauliflower**
- **2 tablespoons extra-virgin olive oil, for brushing**
- **Coarse salt and freshly ground pepper**
- **Romesco Sauce (recipe follows), for serving**
- **Fresh herbs, such as flat-leaf parsley, basil, or chives, or microgreens, for serving**

1. Preheat oven to 425°. Trim bottom of stem from cauliflower and stand head upright on a cutting board. Cut into 4 vertical slices, each 1 to 1½ inches thick. Arrange in a single layer on a rimmed baking sheet and brush both sides with oil. Season with salt and pepper.

2. Roast, flipping once, until cauliflower is tender and golden, about 35 minutes. Serve with romesco sauce and topped with herbs or microgreens.

ROMESCO SAUCE

Active Time: **20 min.**
Total Time: **35 min.**
Makes: **1½ cups**

The flavor of romesco improves with time; you can store it in the refrigerator for up to three days before serving, at room temperature.

- **2 red bell peppers**
- **1 small clove garlic, smashed**
- **½ cup blanched almonds, toasted**
- **1 tablespoon sherry vinegar**
- **1 tablespoon tomato paste**
- **1 teaspoon pimentón (smoked paprika)**
- **½ cup extra-virgin olive oil**
- **Coarse salt**

1. Char peppers over the flame of a gas stove, turning with tongs, until blackened and blistered. (Or char under broiler on a rimmed baking sheet, turning as needed.) Transfer to a bowl, cover with a plate, and let steam 15 minutes. Remove skins, using paper towels (and a paring knife for any stubborn spots); discard. Remove and discard stems, ribs, and seeds.

2. Transfer peppers to a food processor. Add garlic, almonds, vinegar, tomato paste, and pimentón. Pulse until combined. With machine running, slowly add oil, processing until combined. Season with salt.

CHICKEN-AND-BROCCOLI MEATLOAF

Active Time: **20 min.**
Total Time: **1 hr. 40 min.**
Serves: **4 to 6**

- **1 head broccoli, cut into small florets, stems peeled and cut into ¼-inch slices**
- **Extra-virgin olive oil, for pan**
- **1 small onion, chopped**
- **1 carrot, peeled and chopped**
- **1 stalk celery, chopped**
- **1 cup fresh breadcrumbs (from 3 to 4 slices white bread)**
- **1 pound ground chicken**
- **1 large egg, lightly whisked**
- **1 tablespoon plus 2 teaspoons Dijon mustard**
- **⅓ cup finely grated Parmesan**
- **2 tablespoons chopped fresh dill**
- **1½ teaspoons coarse salt**
- **Freshly ground pepper**
- **½ cup ketchup**
- **2 tablespoons packed light-brown sugar**

1. Preheat oven to 350°. Set a steamer basket or colander in a large saucepan filled with 2 inches water; bring to a boil, then reduce to a simmer. Place broccoli florets and stems in basket, cover, and steam until bright green and just tender, 4 to 6 minutes. Remove basket from pan; let cool slightly.

2. Brush a 5-by-9-inch loaf pan with oil. In a food processor, pulse onion, carrot, and celery until finely chopped; transfer to a large bowl. Pulse broccoli in food processor until finely chopped. Transfer to bowl.

3. Add breadcrumbs, chicken, egg, 1 tablespoon mustard, Parmesan, dill, and salt to bowl. Season with pepper. Using two forks, mix until combined. Transfer mixture to prepared loaf pan.

4. Stir together ketchup, remaining 2 teaspoons mustard, and brown sugar in a small bowl until smooth; brush evenly on top of loaf. Set loaf pan on a rimmed baking sheet and bake until glaze is caramelized and a thermometer inserted in center of loaf registers 160°, about 1 hour. Let cool 20 minutes before serving.

MARTHA STEWART LIVING (ISSN 1057-5251) is published monthly except combined months December/January and July/August by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NONPOSTAL AND MILITARY FACILITIES: Send address changes to *Martha Stewart Living*, P.O. Box 62140, Tampa, FL 33662-2140. (Canada Post Publications Mail Agreement No. 40021219, GST #89311617BRT. Canada Post: Return undeliverables to P.O. Box 2601, 6915 Dixie Road, Mississauga, ON L4T 0A9.) Reproduction in whole or in part without permission is prohibited. *Martha Stewart Living* is a member of the Alliance for Audited Media. Occasionally, we make a portion of our mailing list available to carefully selected companies that offer products and services we believe you may enjoy. If you would prefer not to receive these offers and/or information, please send a note along with your address label to *Martha Stewart Living*, P.O. Box 62140, Tampa, FL 33662-2140, or call 800-999-6518 (U.S. and Canada) toll-free. PRINTED IN THE U.S.A.

spring favorites

Make the most of the season with help from these great products and promotions from our partners.



WHIM™ BY MARTHA STEWART COLLECTION™

Introducing Whim, a fresh, affordable collection for those who love to express their personal style with fun prints and cheerful colors! **macys.com/martha**

whim



MARCH OF DIMES

Joining other partners, including The Bon-Ton Stores, Mud Pie, and A&E Jewelers, Chef Emeril has teamed up to support the March of Dimes imbornto® campaign. Add a donation to your check at Emeril Restaurants in New Orleans, Las Vegas, and Orlando from 4/15/15–5/10/15 and 5/27/15–6/2/15 to help ensure more babies are born stronger and healthier. **imbornto.com**

Emeril's restaurants

march of dimes
celebrating mothers and fathers every day

Please visit our Notebook page at **marthastewart.com/notebook** for more information from our partners.

SMYTH MEDIA GROUP

For more information, please email Liz Smyth at liz@smythmedia.com.

EARN YOUR STRIPES®

ENTER FOR A CHANCE TO

WIN $5000

Room Makeover Contest begins April 1

PATENTED FROGTAPE®

Keeps Paint Out. Keeps Lines Sharp.

frogtape.com/earnyourstripes

Contest ends and all entries must be received by 7/1/15. Entry must contain a before, during and after picture of an interior painting project, and must include FrogTape® brand painter's tape visible in the "during" picture. Subject to Official Rules, available at www.frogtape.com/earnyourstripes. Open to legal US & Canadian residents 18 & older. Void in CO, MD, VT, PR and Province of Quebec, & where prohibited. Limit one entry per person and per project. Sponsor: ShurTech Brands, LLC, 32150 Just Imagine Drive, Avon, OH 44011.

©ShurTech Brands, LLC 2015/61700



THE MARKETPLACE

the PIMPLE HEALER

MARIO BADESCU'S famous Drying Lotion dries out pimples overnight and helps prevent breakouts



ORDER:
1-800 BADESCU
(223-3728)

Or send check or money order for $17 plus $4.95 s/h to:
MARIO BADESCU
Dept. MSL 515,
320 East 52nd Street,
New York, NY 10022

Get a FREE skin analysis and shop online at:
mariobadescu.com
follow us!

Women's Wide Shoes
Sizes 5-13 • 2E-6E wide



wideshoes.com
800-992-WIDE
Hitchcock Shoes • Hingham, MA 02043
Men's shoes, too! dept. 62G5

T-shirt Quilts
We make your T-shirts into a quilt.

As Seen On:
Today Show
Real Simple
Rachael Ray
ESPN



- 100% Quilted
- Outstanding Quality
- Made from your T-shirts
- Great Prices!

Campus Quilt Co.
800-880-8534
www.CampusQuilt.com
Call today for $10 off.

Kinky-Curly

FIGHT THE FRIZZ

Moisturize & Define your curls.



Achieve shiny, healthy hair with Kinky-Curly Hair Products. Lightweight, non-greasy & made with ALL NATURAL ingredients. Great for all hair types.

Available at
WHOLE FOODS TARGET.

WWW.KINKY-CURLY.COM

Don't Let Life's Little Problems Ruin Your Day

D·O·C DENTIST ON CALL D·O·C

Dentist On Call® products are available at drug and food stores everywhere...



Re-cement a Loose Cap or Replace a Lost Filling
Get the #1 Selling Dental Repair on the Market.
Dentist used and recommended.



Instant, Long Lasting Relief for Sensitive Teeth
1 treatment lasts at least 3 months!
Dentist developed and clinically proven.



Interdental Brush on One End and a Bonus Flosser on the Other
Remove Plaque and stimulate gums.

800.238.0220 · www.dentistoncall.com

© 2015 Majestic Drug Co., Inc. • P.O. Box 490, South Fallsburg, NY 12779
custserv@majesticdrug.com

CustomInk
Design T-shirts Online



Create Amazing T-shirts!

Custom t-shirts bring people together – and transform any group or occasion.

SAVE $10 | Visit customink.com/martha for details

Steve's has all the top name brand
BLINDS & WALLPAPER
25% to 85% off EVERYDAY
Free Shipping on most orders!
LEVOLOR Bali WAVERLY & many more!
Call now for your FREE QUOTE
1·800·653·0157
or shop online at
www.StevesBlinds.com
You always have Steves 100% lowest price & satisfaction guarantees!



World's Finest Eye Cream!
a "selections" product in Oprah magazine
Refreshing, anti-aging Airbrush Eye Refining Treatment hydrates, soothes, reduces crows feet and puffiness, and promotes collagen for younger, brighter looking eyes. 20% off!
code: 3MARTHA at: www.dremu.com
or 800-542-0026 OPEN 7 DAYS

the vintage pearl
handstamped jewelry



ENJOY
20% OFF
your next order of $75 or more!
Use code: "MSLMAY20"
(Exp. 5.30.15. Cannot be combined)

thevintagepearl.com

SECRET WEAPONS OF THE MODERN HOUSEHOLD



THE TRUSTED BRANDS for professional strength, high performance adhesives. **E6000** products have exceptional strength and toughness. They are versatile, flexible and adhere to most everything!

Shoe Goo and **Boots & Gloves** are the #1 shoe adhesives! Ideal for fixing worn soles or damaged heels, and for coating and sealing shoes, boots, gloves & more. The unique formulas never become brittle and remain highly flexible once cured.



Protection for shoes, boots, gloves, and more!

Stay connected with us on
www.eclecticproducts.com
MADE in USA by Eclectic Products



Why We Love It
A hit with makeup artists, models, and magazine editors, Rosebud Salve is a multipurpose balm that includes cotton-seed oil and seven "trade secret" essential oils. The company has introduced other varieties as well, including menthol eucalyptus, strawberry, and minted rose, all packaged in pretty vintage-inspired tins and tubes. **Smith's lip balm,** *in Minted Rose and Rose & Mandarin, $7 each; and* **Smith's Rosebud Salve French tin,** *$6, rosebudperfume.com.*

AMERICAN MADE

Rosebud Perfume Company

PHOTOGRAPH BY LENNART WEIBULL

In 1892, pharmacist G. F. Smith of Woodsboro, Maryland, set out to formulate an all-purpose ointment that would soothe minor skin irritations (think burns, diaper rash, eczema, and chapped lips). For more than a hundred years, his balm, Rosebud Salve, has done just that. "But it wasn't until makeup artists began using the salve that we achieved a kind of cult status," says Linda Smith Pruitt-Michielli, Rosebud's vice president and the founder's great-granddaughter. The balm, with its subtle rose scent and tint, is now cherished for a myriad of cosmetic applications, including as a lip gloss and a cuticle soother. Despite its popularity, the family-run business insists on sticking to its roots: The founder's 90-year-old granddaughter still types up small orders on a 1924 typewriter.
—*Melissa Ozawa*



NEWLY REFINED FROM THE INSIDE OUT.

THE NEWLY REFINED
2016 MAZDA6

Welcome to the newly refined interior of the Mazda6. Available with beautifully crafted stitching, soft leather accents and satin chrome trim that bring even more luxury to the well-appointed cabin. The available MAZDA CONNECT™ keeps you in touch[1] with everything you need from Facebook and Twitter to Pandora® and Stitcher™ internet radio. We won't blame you if you don't want to get out. This is the Mazda6, and it starts at $21,495.[2]

MazdaUSA.com

zoom-zoom

mazda

[1]Don't drive while distracted. Even with voice commands, only use MAZDA CONNECT™ / other devices when safe. Some features may be locked out while the vehicle is in gear. Not all features are compatible with all phones. Message and data rates may apply. [2]Starting at $21,495 MSRP plus $820 destination (Alaska $865) for 2016 Mazda6 Sport with manual transmission. 2016 Mazda6 Grand Touring with Technology Package shown, $32,675 MSRP plus $820 destination (Alaska $865). MSRP excludes taxes, title and license fees. Actual dealer price will vary. See dealer for complete details. Optional equipment shown.



When you've poured your energy into building a successful business, it's often difficult to imagine what's next. Our team of experienced wealth planners and advisors can help you form an exit and succession strategy that protects your assets and preserves your desired level of control. So you can move forward with confidence.

ustrust.com/business Life's better when we're connected®

U.S. Trust operates through Bank of America, N.A., Member FDIC.
© 2014 Bank of America Corporation. All rights reserved. ARHF7LSR

U.S. TRUST
Bank of America Private Wealth Management